FOUR SPLENDID FREE PATTERNS.

MYRA'S JOURNAL

FEB., 1909.

3D

THE LEADER OF FASHION

Vol. XXXVI.
No. 2.

1. "Seamless" Directoire SKIRT.
2. Directoire SPENCER.
3. Striped Morning SHIRT.
4. Baby's Embroid'r'd BONNET.

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Myra's Journal.

FEBRUARY, 1909.

PROFUSELY ILLUSTRATED

Bridal Trousseau Number.

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"The premature greyness has decreased, and my daughter's hair is in most beautiful condition. Its brilliancy is most marked, and the fall of hair is already much less." Mrs. ——

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"Folkestone.

"Miss —— is delighted with the Depilatory, and finds it the best and altogether superior to any other. She will now never think of using anything else."

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"Mrs. —— is pleased to say the Tincture gives a lovely shade."

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SKIN FOOD.—For restoring wasted tissue and removing wrinkles. It consists of a bland, fat-forming cream, carefully combined with a small proportion of a suitable astringent, corrects the deficient or faulty secretion, and thus restores the wasted tissue and increases the muscular tone. To this loss of tissue and muscular tone is due the falling away of the face and neck, loss of roundness, and formation of lines and wrinkles, but these conditions can be overcome by a steady use of the Skin Food. The use of this food also enables the skin to retain for many years the clear, smooth, velvety surface that is associated with youth. 2s. 9d. and 7s. 6d. Post free.

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"Your Skin Food is the best I have used, and I have tried several." Mrs. ——.

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"Limerick.

"Send me by return one dozen Glycorax. I find it wonderful for preserving the teeth." Mrs. ——.

NEWS FROM FASHION CENTRES.

FROM

VIENNA, PARIS, &c.

THE styles for the early spring are being founded chiefly, like the winter modes, on the gowns and head-gear of the Directoire, the First Empire and the days just anterior to the Second Empire of France. This covers a good half century of dress, and includes the ultra slender—with monumental head-gear—with the sloping shoulders, widening skirts and "grannie" bonnets of the early Victorian period. For the present the very slender styles reign, but in a few months it is quite possible that the quaint early Victorian modes will eclipse the picturesque Directoire styles.

The early Victorian and late Georgian modes are already crowding upon us. One of the things which is exactly what our great grandmothers wore is the short, tight princess for outdoor wear, buttoning down the front centre. This, with a hat savouring of 1820-1830, looks ominous.

One Georgian and early Victorian garment is already returning into fashion—this is the Spencer, a short coat or overbodice worn out of doors, just long enough to cover the edge of the high-waist skirt. For the present the Spencer is a modification of the long favoured bolero coatee. Some of the Spencers are very elaborate in cut and decoration. Of course, to look well, they ought to be of the skirt material, but they look effective in silk, satin, or velvet of the skirt colour. The sleeve is very long, and is quite smooth and neat-fitting without being too tight for the blouse.

Skirts are scanty and high-waisted, whether long or short, and both long and short skirts will be worn with Spencers. Most of the skirts hang very gracefully, and there is a great deal of drapery—especially in the form of tunics—to be seen. Draped dresses are more easy to wear. The scanty plain examples demand a nice figure. Stout women look odious in them, and the "sticklike" angular character of some undeveloped English figures are equally unadapted to this pseudo-classic style.

The draperies should not be voluminous—that is, material must not be pleated up too lavishly. The best draperies of the day are slight, obtained more by judiciously hitching up in the right place than by arranging voluminous pleats.

White is much to the fore just now for gowns and coats of all descriptions; but this is a feature of the month. When the smartest *couturières* of Paris turn out their "creations" for the early spring season of the Riviera, white is always a prominent feature. The present styles lend themselves

No. 8061.—NET BRIDGE COAT FOR A BRIDAL TROUSSEAU.

For Description see Pages 31 *to* 34.

Price of Paper Pattern, 6½*d., post free. of* MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

to white drap souple and beautiful soft, white satin.

Englishwomen dislike the "skin-tight" sleeve, and many efforts are being made to modify it on their behalf, but the efforts are individual rather than general, and are not having much effect for the present. The tight sleeve will last on a little longer. It is not imperative, however, though the old puff is impossible. The tight flat effect is relieved by charming draperies and modified little bell or wing sleeves tipped with tassels. For indoor or evening dress just now, really a woman of taste can wear what she pleases if she knows how to smoothe down her favourite styles with a slight respect for the prevailing lines.

Entre nous, this respect is the secret of the huge success suddenly acquired by several dressmakers lately. Directly they scan a new client's figure, they see that she requires certain modifications in certain styles which may or may not be "in" at the moment, but which must be got up to look as if they were. Women dressed by these able dressmakers always look their best, with the resulting envy of friends and a general rush to the clever woman of taste and thought who has obtained such happy results.

It seems as if the reign of beautiful embroideries will never come to an end. The styles and colourings vary, but still the artistic decorations appear with unfailing regularity season after season. At one time only the rich could afford embroidered robes, but now such charming passementeries are being made, copying the prevailing styles of embroidery, that if sewn nicely on skirt, bodice, &c., the effect of embroidering the cut and seamed garment is rather closely attained—especially in the heavier styles, as light, delicate filigree designs in metal on transparent materials can only be got by working the thread through the tissue itself. The fact that all passementeries are now "detachable"—that is, each section can be divided from the others—enables one to develop corner and other designs which have a very different effect to a mere band of this garniture all round the edge.

To weight a transparent skirt for a dance frock, a very pretty idea is to put a light wreath of flowers instead of a hem of embroidered material or a band of heavy embroidery worked in the fabric itself. Only very light wreaths must be used as it is one thing to weight a light skirt to keep it in place and another to drag it into a rag by a too heavy edging. Pearl and chenille fringes are also an effective means of weighting light skirts and tunics.

Practical Dressmaking FOR Home Workers.

A UTILITY GOWN FOR A BRIDAL TROUSSEAU.

EVEN a fairly wealthy bride requires a gown for all occasions, and such a gown ought to be *black* as to its chief part, touched up with white lace or some transparent white fabric. What is the best material? A soft black satin I specially recommend, a double width material, which gives more scope than most, and can best be used both for day and evening wear.

At Nos. 8062 and 8063 are charming suggestions for utility black gowns. One has the high-waist trailing skirt, the other a demi-princess skirt—that is, a high corselet skirt, which is, perhaps, the more attractive. A selection of two "overblouses" is offered, to be of the black satin, daintily embroidered. For the embroidery I suggest Lindhorst's white Odin Floss (as glossy and soft as spun glass) for the chrysanthemum blossoms, and leaf greens touched up with pale golden brown for the leaves and stems. A few gold sequins could be intermingled to give extra brilliancy to the glossy Odin Floss.

No. 8063 is a really beautiful skirt, draped on a fitted corselet lining. It is open up the left side, these edges and the lower edge being faced with black silk or satin as far as the embroidery, which is supported by a band of black muslin. The skirt is most graceful, and should be worn over the soft Directoire foundation skirt in white silk, on which can be tacked a pleated panel of the lace, muslin, &c., used for the under-blouse. A series of under-blouses

No. 8062

No. 8063.—A Directoire Corselet Skirt and Two Embroidered Over-blouses.

For Description see Pages 6 and 8.

Price of Paper Patterns, Corselet Skirt, 1s. 6½d.; Over-blouses, each 6½d.; Full-size Transfers of the Embroidery for Nos. 8062 and 8063 can be obtained, price 6½d. each, post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8064.—A PRINCESS VISITING GOWN FOR A BRIDAL TROUSSEAU.
For Descriptions see pages 31 to 34.
Price of Paper Pattern, Tucked Princess Overdress, 1s. 6½d.; Foundation Skirt, 6½d. post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

Horror of Growing Fat.

Many people, especially ladies, are positively horrified when they find their youthful slenderness rapidly changing to decided fleshiness, and no sacrifice of personal comforts and enjoyments is too hard for them to undergo in order to recover a good figure. Unfortunately they too often fly to repressive measures which are the reverse of prudent, and most frequently dangerous. A starvation dietary, mineral drugs that ruin the digestion, tight corsets, exhaustive gymnastic exercises, sudorifics—these are some of the abuses they fly to, and are then surprised to find that when getting limp and thin through sheer innutrition, they are rapidly losing the beauty of health, which is the most precious beauty of all. Let them at once drop these dreadful methods of weight-reducing, which are powerless to eradicate the

"No more need for Antipon!"

disease of obesity, that is, the tendency to get excessively fat, and try the world-famed Antipon treatment, which has permanently cured thousands of cases of over-stoutness without drugs or dieting, or any other "wasting" means of taking off flesh. Antipon soon gets rid of all superfluous fatty matter, and in the process destroys the tendency to over-fatness. It also tones up the digestive system, and gives a healthy, natural appetite. Good, well-digested food is absolutely necessary while the superabundant fatty tissue is being eliminated. The muscular and nervous systems will undergo a truly beneficent change. The decrease within 24 hours is from 8oz to 3lb, and the subsequent return to normal weight and slenderness is in every way satisfactory. Let there be no more horror of getting fat. Antipon is a harmless and agreeable liquid, purely vegetable in composition.

Antipon is sold in bottles, price 2s. 6d. and 4s. 6d., by chemists, stores, &c.; or, in the event of difficulty, may be had (on remitting amount), carriage paid, privately packed, direct from the Antipon Company, Olmar Street, London, S.E.

No. 8065.—BONAPARTE COAT-AND-SKIRT OF BLACK FACE CLOTH.
For Description see Pages 31 to 34.
Price of Paper Pattern, Skirt, 6½d.; Coat, 9½d., post free, of MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

could be made high or low as to the neck. The overblouse is a lovely little bolero of the black satin, the lower edge finished with black silk fringe. It is embroidered with chrysanthemum blossoms, leaves, and stems as described above, and is lined with white silk. It closes at the back. Full size transfers of the chrysanthemum embroidery—a spray for the front and two sprays for the two backs can be had from Madame Myra, price 6½d., post free. 6 yards double-width satin will be required for corselet skirt and bolero.

The under-blouse is of Brussels net, draped with figured white silk muslin The draped transparent sleeve of this blouse is charming, tipped with a tassel.

No. 8066.—A TUCKED SHANTUNG SHIRT.
For Description see Pages 31 to 34.
Price of Paper Pattern, 6½d., post free, of MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

The over-blouse, No. 8062, is very pretty, but it cannot be used for low-necked evening dress, so it is less useful than No. 8063, which looks equally well over a low-necked or high blouse, thus being equally adapted for indoor or outdoor wear. The little bolero coatee, No. 8062, is a very good model for outdoor wear in the later spring.

The embroidery of No. 8062 is more elaborate. On black it would look well in P.L. Odin Floss, in shaded pale browns, golds, and cream shades. The price of the transfer (full size, front, sleeves, and two backs) is 6½d., post free.

By the by, all drapers and fancy work repositories keep the beautiful, glossy P.L. Odin Floss, but if there is any difficulty experienced by our country readers they should write direct to P. Lindhorst, Department 8, 21, Newgate Street, E.C. 1¼ yards double-width material will be enough for the bolero coatee, No. 8062, Like No. 8063, it fastens at the back.

No. 8067 No. 8068

No. 8069 No. 8070.

SOME CHARMING BLOUSES FOR A BRIDAL TROUSSEAU.

For Descriptions see Pages 31 to 34.

Price of Paper Patterns, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 8071.—A Smart Morning Coat-and-Skirt.

For Description see Pages 31 to 34.

Price of Paper Pattern, Skirt or Coat, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8072

No. 8078

SMART RAIN, TRAVELLING, OR MOTOR COATS FOR A BRIDAL TROUSSEAU.

For Descriptions see Pages 31 to 34.

Price of Paper Patterns, each 1s. 0½*d., post free, from* MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 8074.—Lovely Gown, showing the New "Seamless" Directoire Skirt.
For Description see Pages 31 to 34.
Price of Paper Patterns, Skirt, 1s. 0½d.; Blouse or Overblouse, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Bookselling and Librarian Work.

By WINIFRED JONES.

IN the interests of my readers of this column in Myra I recently interviewed a lady who, in partnership with a friend, started a new and secondhand bookseller's business in West London. I think there must be many people, like myself, to whom the bookshop is a magnet of irresistible force. Only the true book-lover understands that appeal, and yet he or she could not explain exactly wherein lies that potent magic. But to those who understand this feeling, akin to the sensation with which others hear the East a-calling, and who desire to work in some way among their beloved tomes, this paper is addressed.

I will take first the business of the bookseller, which embraces many things. There is the selling of new books, the searching for and selling of secondhand volumes, the lending library business, general stationery, and book-binding. It will thus easily be seen that to acquire a really sound knowledge of these various branches would take both time and money. The selling of new books, my informant told me, is not, and cannot be, profitable, the margin of profit at which they are sold is too small to admit of it, and a book may lie some time on the shelves before a purchaser appears for it. It is absolutely necessary to have the books, as nothing does a business more harm than to find the book or books wanted are not in stock. "We can get it for you" is never the same thing. People like to see what they are buying, and, generally, to look through a book before purchasing it.

I was told it was "impossible" to avoid book debts in a bookseller's business. People will not pay ready money, and any attempt to introduce such a system was bound to be a failure. This, of course, necessitates the possession of a fairly large capital. My informant told me she and a friend started their business in a flat with a capital of £1,000, and she also said she considered it was cheaper to start in the City, when about £200 capital would suffice for a strictly cash business, which is possible in the City, though it does not answer in the West End.

The book-binding portion of the business is not difficult. It is more or less a matter, I learnt, of referring to lists wherein are printed the trade and the retail price according to size, quality of the covering, &c. My informant told me she was once caught napping, as a customer complained of the charge for mounting a map, and without referring to the binder's charge to her for the work she reduced the bill, only to find that she had left herself without one penny profit on the transaction. Then, again, stationery is not a very lucrative side of the business unless it is taken up in a very large way. It is best to get an insight into the working of this department by entering some large shop doing a wholesale and retail business, either as an apprentice or at a small salary. This lady

told me, though, that it only pays to buy paper in very large quantities. When a customer ordered so many quires of a certain kind, she found that at the price he or she wanted to give—"what I give at So-and-So's stores"—did not allow even a tiny margin of profit on a small order.

THE PAYING PART.

What really pays best was, I learnt, the secondhand books. It necessitates a good deal of sound knowledge of the subject, which is best gathered by attending the book sales, big and little, and by studying the publications dealing with the subject. It is very necessary to know exactly about the different editions of the same book, and their value. Scarce books are sought for, I find, in the "Publishers' Circular," amongst other places and periodicals. The general impression left on my mind at the close of the interview was that this was an occupation eminently suitable for the woman possessed of some capital, with a genuine love of books—and of old books in particular—who is willing to learn the business, and, in return for an interesting occupation, to be content with a modest, if sufficient, return on the capital invested. The lady bookseller who gave me this information has openings occasionally for lady apprentices, so if any of my readers think of taking up this work and would like to communicate with them, I will forward stamped letters to the proper address, provided the name and address of the writer accompanies the communication.

THE LIBRARIAN'S TRAINING.

The best way, I learnt, for a girl who entered this business with a view to learning it all round, was to enter a lending library. The practical value of such an experience cannot be over-estimated. I was told of a girl who had been their assistant, and who was a great favourite with the various people who belonged to the library. She had tact, good temper, and good sense, invaluable in work such as this. The old ladies liked her because she knew just what they wanted to read, and old and young liked her because she remembered and studied their individual tastes.

She meant to make a success of her work, and she did it. In a very short time she was made head of a large suburban library. The free libraries, of course, provide an excellent training on a wider scale than any private library. "There can be no better foundation for the intending librarian than training in a public library, especially in the reference department, where the assistant comes into direct touch with the readers, and where she gains an experience that ultimately transforms her from the amateur into the professional," is the opinion of an expert on the subject. From an article on the subject in the "Fingerpost" (published by the Central Bureau for the Employment of Women) we learn that "In this profession it is impossible to overrate the value of training. . . In the first place, the would-be librarian must be neat and orderly in her habits, she must write legibly, have a reading knowledge of at least three languages, and

No. 8075.—A VELVET DINNER GOWN.

For Description see pages 31 to 34.

Price of Paper Patterns, Princess Overdress, 1s. 0½d.; Skirt, 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

a wide acquaintance with literature, and she must be quick, clear-headed, and well-mannered. Her health must be good, for the atmosphere of a library is more or less unhealthy; she must not object to drudgery, and she must be willing to begin at the lowest rung of the ladder, working perhaps thirty-four hours weekly, i.e., six hours a day and four on Saturday, at a salary of 10s.; in time her salary will be raised to 16s. weekly, and if she be exceptionally lucky she may, after some years of service, become chief assistant at £100 a year. . . . There is no library school in England either for men or women. Hence, the only way to obtain training is to enter a big library, either at a very low salary, or to offer one's services in return for training. In this way the student obtains a practical knowledge of the management of an important library, and at the same time learns how to catalogue and classify. The student should also do some reading in connection with her work; she should be familiar with the various library periodicals, viz., 'The Library,' 'The Library World,' 'The Library Journal,' and 'The Library Assistant,' and with the articles in the 'Encyclopædia Britannica' on typography, printing, libraries, and bibliography. This, it will be seen, implies a liberal education."

"Where the Little Jap goes to School."

THOSE qualities in the Japanese which we have had so much cause to admire were not attained without education.

It will come as a surprise to some of us that their method of education is on the same lines as our own. There are Elementary Schools in Japan and Higher Grade Schools. The children are taught in much the same way as our own children, all together in a class. Only, unless there is a sufficient number of girls to form a class by themselves, they are taught with the boys as in Scotland. For the first and second years they are always taught together. But it is not considered the best way, and where there are girls scattered throughout a school, it is customary to gather them into one class irrespective of age or advancement.

Japanese children are not only taught the three R's, even in elementary schools, they are as far advanced there as here.

SCIENCE is taught theoretically and practically. There are gardens for the children, where each has his own little plot, and they even rejoice in silkworms.

No text-books are used in teaching Science. The local conditions vary so greatly that it would be impossible to compile a text-book to suit the needs of all. Further, the authorities do not wish the children to gain a quantity of text-book knowledge in parrot-like fashion.

DRAWING is taught both to boys and girls, although the boys are given extra time, while the girls are at needle-work.

No. 8076.—BEAUTIFUL EVENING MANTLE.
For Description see Pages 31 to 34.
Price of Paper Pattern, 1s. 0½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 8077.

DIRECTOIRE EVENING GOWN WITH TUNIC.

For Description see pages 31 to 34.

Price of Paper Pattern, Skirt, Tunic, Bodice, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

Great attention is paid to sewing, f
Japanese women all make their own c
and as they are very simple, the girl
learn to cut out and make them too.
are also taught to wash and make
garments. The teachers are most par
to foster cleanly habits in the ch
Sewing lessons are continued ever
the ordinary education is over.
thought so necessary to teach the g
be thrifty.

But to return to drawing.

The children are not only taught t
from copies or models, they are bid
make designs of their own and to
from memory. The boys are encou
to draw at home and to bring their w
be criticised at school.

It is perhaps not generally know
Japanese writing and drawing is u
done with a brush, Japanese pape
lending itself so well to pencil-
However pencils are used sometim
always by students. It has not yet
decided which drawing shall be
manently taught in the schools.

MUSIC (vocal) is of several kinds in
Tartar and Chinese music of a tho
years ago is still preserved, and is perf
at court. It involves a kind of da
and is practically useless for school
ing. The authorities decided, after
siderable deliberation, to adopt Occi
music in the schools. Some difficul
experienced at first, and success was
ful, but now the little Japs are as f
"Auld Lang Syne" and the "Blue B
Scotland" as "Wee MacGregor" hi
Scotch airs are most easily adapt
Japanese.

Music is encouraged in the scho
fostering a child's sense of the bea
and quickening his moral suscepti
Character-building is the great cons
tion in the Japanese education scher

GYMNASTICS are taught to both boy
girls, and manual work is brought to
perfection. Clay modelling, wood-
and the use of bamboo, all have
place.

The children make useful articles
bamboo, such as chop-sticks and
markers.

They work also with metal and
paper, folding, cutting, and twistin
latter.

Paper-twisting is a most useful oc
tion. Narrow strips are cut and tw
together so as to form string, and
strong cord it makes, Japanese parch
paper being very substantial. Ornam
knotting is a further development,
ornamentation is used on dresses.

Book-binding is taught, and for the
outlining of patterns in coloured thre

The great object of manual work
teach the children to pay attention to d
to observe closely and to persevere.
authorities are desirous of implanti
the children a love of labour.

AGRICULTURE is taught where the
conditions make it desirable. The Jap
are for the most part "sons of the soi
it is thought well to prepare the chi
for after-life at school. They are
lessons in Marine-Production in fis

villages, and in others on Commerce—buying and selling, insurance, simple commission, book-keeping, and so on. Most particularly are they taught the value of diligence, quickness, and of preserving credit and confidence. Local conditions are always taken into consideration in arranging the scheme for education.

Since English is the common language of the East, it is taught in the Japanese schools. The great want is a sufficiency of certificated teachers. One teacher at present has to manage a class of sixty or seventy children besides superintending another class which has only an assistant or provisional teacher. And the authorities would be to a certain extent satisfied if even these conditions could always be carried out.

Owing to the large number of children to be taught, and the scarcity of teachers, the German system of half-day school has received consideration; the value of good teaching, even for half a day, being balanced against more teaching of poorer quality.

The aim of the Education Authority is, of course, one class, one teacher, and not too large a class. Want of funds is the stumbling-block. The Japanese are not rich, and the number of children wanting education has increased tremendously in the past few years. The Government is spending two and a half millions more on education than it was five years ago.

P. S.

No. 8078.—A White Crepon Dressing Jacket.
For Description see Pages 31 to 34.
Price of Paper Pattern, 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8079.—A Directoire Dressing or Lounge Gown.
For Description see Pages 31 to 34.
Price of Paper Pattern, 1s. 0½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8080

No. 8081

No. 8082

NEW TOQUES AND HAT FOR EARLY SPRING.

For Descriptions see Pages 31 to 34.

No. 8083 No. 8084

TWO ELEGANT EVENING RECEPTION GOWNS FOR A BRIDAL TROUSSEAU.

For Descriptions see Pages 31 to 34.

Price of Paper Patterns, Corselet Skirt, 1s. 0½d.; Skirt, Foundation Skirts, or Bodice, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8085 No. 8086

TWO CHARMING DANCE FROCKS FOR THE EARLY SPRING BRIDE.

For Descrivtions see Pages 31 to 34.

Price of Paper Fatterns, Skirts, Tunic, Bodices, each 6½d., post free, from MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

No. 8087 No. 8088

A DIRECTOIRE TEA GOWN AND DINNER GOWN WITH LACE COAT.

For Descriptions see Pages 31 to 34.

Price of Paper Patterns, Tea Gown, 2s. 6½d.; Skirt, Foundation Skirts, or Coat, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8089

No. 8090

A DIRECTOIRE DANCE FROCK AND A DINNER GOWN WITH MOIRE DIRECTOIRE COAT.

For Descriptions see Pages 31 to 34.

Price of Paper Patterns, Coat, 9½d.; Skirts, Foundation Skirts, or Bodices, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane. E.C.*

No. 8091

No. 8092

No. 8093

No. 8094

A BRIDAL GOWN; A BRIDESMAID'S DRESS; SMART GOWNS FOR AN

For Descriptions see pages 31 to 34.

Price of Paper Patterns, Skirts, Tunics, Foundation Skirts, or Bodices, each 6½d., post free, of MADAME M

No. 8093 No. 8094 No. 8095 No. 8096

AID'S DRESS; SMART GOWNS FOR AN EARLY SPRING WEDDING.

For Descriptions see pages 31 to 34.

Foundation Skirts, or Bodices, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

DESCRIPTIONS OF THE FREE PATTERNS.

[Note.—Our Free Patterns, presented with each number, are always cut *stock size* for ladies: Skirts (from *natural* waist), 40in., front length (except for trottoir, when length is only 38in.); waist measurement (skirts, coats, blouses, &c.), 24in. Children's patterns are cut the recognised stock size for the ages quoted in the description. *No* turnings are given.]

"SEAMLESS" DIRECTOIRE SKIRT.

THIS excellent model can be cut in a single piece in materials like tweed, coating, &c., which have no special "up-and-down," and consequently can be used so that the width takes the length of the skirt. Hence the name "seamless." I prefer a seam down the back, because it enables the fronts to come on the straight. However, I have seen this skirt look lovely in drab coating, the back laid to the fold (from selvedge to selvedge), the edge stitched in several rows, the stitching continuing up the right front, which laps over the left. The left front should cease at the central line (marked with a dotted line in diagram, with a notch in pattern). If the skirt is to be unlined, the left front should cease where the right front laps upon it (leaving enough at the opening for a fly lap), because the hidden portion of the left front must be secured to the lining only, no stitching down front centre being permissible. The superfluous piece can be cut when the skirt is fitted.

The pattern (half the skirt) is in two pieces, because the paper is not wide enough to take the whole sweep. The added corner of paper is pinned in place upon the material according to the single and double notches in pattern. The diagram shows the pattern laid on 3½ yards 48-52-inch material. This skirt is very economical. The material being opened out and double, but not wide enough for the complete half skirt, an added corner has to be seamed on up the selvedges at *a b*.

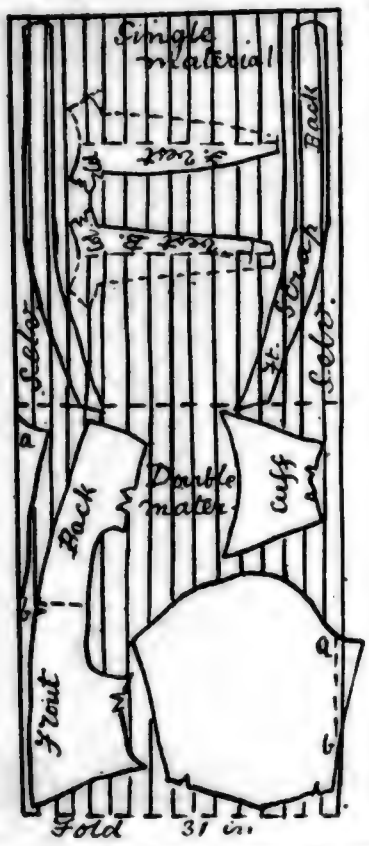

Diagram of Free Shirt Pattern.

In fitting, reduce the skirt-top from the back, as otherwise the shape of the tablier would be spoiled. The skirt hangs best unlined, the lower edge turned up over a band of muslin, shrunk into shape with a hot iron and damp cloth, and either stitched or felled from the back (the invisible French hem). As a rule good tailors and dressmakers do not stitch the hem of a Directoire skirt, especially one with lapped front, unless stitching is required up the right front, and stitching is superfluous where buttons are used.

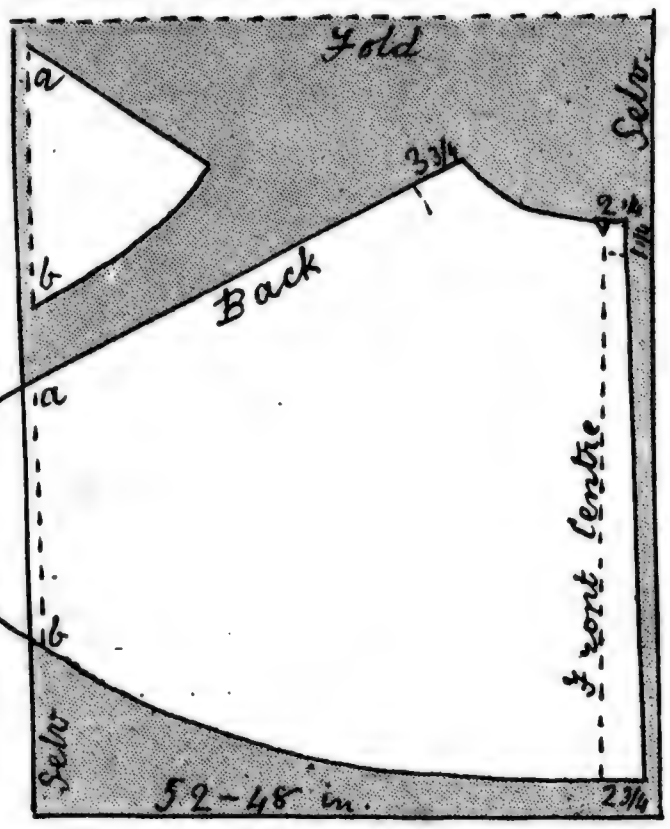

Diagram of Free Skirt Pattern.

The top edge is best lined to give firmness. It is piped with black satin, the piping continuing down the right front. The row of stitching which finishes the piping can sew the right over on the left fronts, the black satin buttons being an additional means of securing the lap. The skirt, of course, closes in this lap, fastening with glove studs. The top edge is supplied with Newey's Imperial Spring Hooks, which are to hook into the corresponding eyes sewn on the blouse.

This skirt is so well cut that it can be shortened into a *trottoir*, or lengthened into a trained evening skirt. The illustration (see page 25) shows the lengthened skirt in pink satin, decorated with satin buttons.

SMART DIRECTOIRE SPENCER.

This model is to be commended for its smartness and novelty. It moulds the figure, is double-breasted, and yet is without the disfiguring breast dart. This beautiful little model is shaped with the new shoulder dart, which is completely hidden by the large Bonaparte revers.

The pattern is in four pieces: half the back, one front, the upper and under of one smooth coat sleeve. The diagram shows the pattern pieces laid on 1½ yards 48-in. cloth which is folded in half (selvedges meeting), the back centre of back laid on the fold, so that it is cut in a single piece

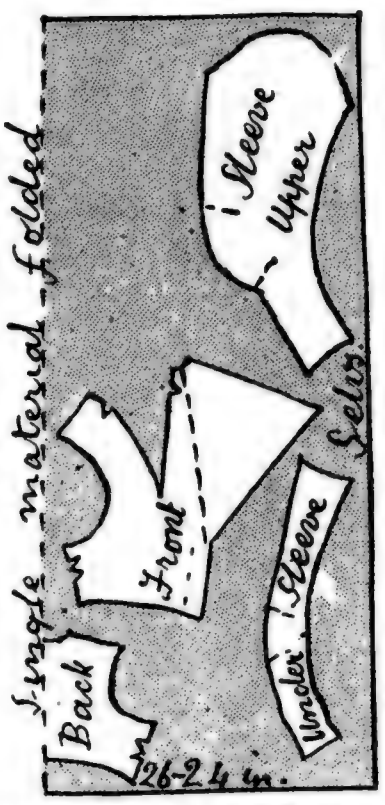

Diagram of Spencer Pattern

In cutting, only tack the dart—do not cut it away, as it may have to be modified to fit the figure. In manipulating the dart see that you do not push it towards the arm. It should be really on the bust as to its lowest point, and as near the revers as possible as to its shoulder end.

Tack the dart. Tack together back and fronts and try on. Seam and press the darts and seam, cutting away the superfluous material. Stiffen the fronts with firm lino or fine tailor canvas. Pipe the lower edge of spencer with the satin. Face fronts with the material (adding slip-stitched revers of black satin) and lay beneath the back of neck a band of black satin (stiffened with lino). Line coat with silk, cut on pattern but seamed apart; slipstitch the lining to piped lower edges and front facings. Make buttonholes down the right front and sew the black satin buttons down the left front.

Tack the sleeve. The bulging elbow of the upper-sleeve is gathered into the shorter under-sleeve. When the seam is sewn, shrink away the slight gathers by means of a damped woollen cloth and a very hot iron. The wrist is piped with the black satin, the piping continuing up the sleeve opening, which rises half-way to the elbow. Cut and seam the lining. Pin it in the sleeve, and fell the wrist over the piped sleeve edges. Put a frill of lace to decorate the wrist and puff out by the open seam. Pin the sleeve very smoothly in place on the wearer. Stitch in the sleeve, taking sleeve and lining, but only the material of the armhole. Fell the armhole lining over the seam.

This revival of the old Spencer (of which we often hear in Dickens) is a thing to be noted. For the present it is a great novelty,

OUR FOUR FREE PATTERNS.

No. 3.—STRIPED MORNING SHIRT.

No. 4.—BABY'S FRENCH BONNET.

ELEGANT SATIN GOWN, SHOWING FREE SKIRT LENGTHENED AND FREE BLOUSE ARRANGED FOR THEATRE WEAR.

Nos. 1 & 2.—SEAMLESS DIRECTOIRE SKIRT AND SMART DIRECTOIRE SPENCER.

For Description see Pages 24 and 26.

but will become prevalent with high-waist skirts when the spring advances and the weather is warmer.

A STRIPED MORNING SHIRT.

This is a particularly smart and pretty blouse, owing to the good cut and the attractive arrangement of the stripes. A novelty is the cutting of the collar in one with the back and front panels, to ensure the stripes coming horizontal without being checked by a seam. The collar is shaped by a seam on each side—the stripes being made to meet. The stripes in front are on the straight, and, as the back is cut with the fronts, this brings the stripes on the cross at the back. To obviate difficulty in meeting stripes, a strap (cut on the kimona back-and-front pattern) is stitched on the edge of front and back where they join the horizontally striped vest. These straps should be cut in the straight stripes at the back, this bringing the stripes on the cross in front. The sleeve is cut with stripes on the straight; the cuff can be cut on the cross, or with horizontal stripes (see page 25, also back view on p. 32).

The diagram should be carefully studied, as from it the worker will see how to lay the pattern pieces on the stripes. Do not cut your pieces in duplicate, as you might get the stripes on a different level. Cut the top layer, then lay your cut pieces back to back on the material, and see that the stripes correspond.

The pattern is in five pieces; half of front vest (with quarter of collar), half of back panel (with quarter of collar), one front cut with one back, one sleeve, one cuff. The diagram shows the pattern pieces laid on 3¼ yards 30-inch Viyella, which is double beneath kimona back and front sleeve, cuff, but is single beneath vest (front and back), and straps, the lacking halves and duplicate strap being marked out on the material. The blouse closes on the left, the collar hooking at left double notch seam.

Tack the kimona on front and back panels. Tack the right collar seam, and try on. Arrange the straps, and stitch them down, stitching the same time the kimona to the right sides of panels and also to the left side of back panel. The blouse closes with Newey's Imperial Spring Hooks (very small) and eyes which have been worked over with white silk or cotton. The collar will set better if boned, especially up the side seam and opening. The blouse edge is simply hemmed. A pretty decoration of cord loops and pearl buttons trim the cuff and shoulder. Round (not flat) buttons should be used.

The sleeve is frilled into the lined cuff, which can be seamed or close with hooks and worked loops. The top is gathered into the shoulder, and the seam is bound. The sleeve is only slightly full, in the new style. The cuff is trimmed like shoulders.

This pattern makes up charmingly in satin, with lace vest, the shirt sleeve being gathered up, its fulness diminished by being utilised for a double ruche up the arm. This can be finished with a lace band cuff. It is then a most dressy afternoon blouse, to accompany the lengthened skirt. (See full figure illustration on page 25).

(For "Baby's French Bonnet" see page 29.)

No. 8097.—A Charming Walking Tailor Gown.

For Description see pages 31 to 34.

Price of Paper Patterns, Skirt, or Coat, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C*

The Most Delicate Child

CAN EASILY DIGEST
AND ASSIMILATE

Neave's Food

Contains all the essentials for Flesh and Bone-forming in an exceptional degree. Over 80 years' reputation.

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Hemstitched.	
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Gentlemen's	3s. 11d.

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COLLARS.—Gentlemen's 4-fold, from 4s. 11d. per doz.

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MATCHLESS SHIRTS, with 4-fold Fronts and Cuffs; and Bodies of fine Longcloth, 35s. 6d. per half-doz. (to measure 2s. extra). OLD SHIRTS made good as new, with good materials in neckbands, cuffs and fronts, for 14s. the half doz.

Irish Damask Table & House Linen.

Fish Napkins, 2s. 11d. per doz. Dinner Napkins, 5s. 11d. per doz. Table Cloths, 2 yds. sq., 2s. 11d.; 2½ yds. by 3 yds., 5s. 11d. each. Kitchen Table Cloths, 11½d. each. Strong Huckaback Towels, 4s. 11d. per doz. Frilled Linen Pillow Cases, from 1s. 4½d. each. Surplice Linen, 1s. per yd. Monograms, Initials, &c., woven and embroidered.

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comfort, attractiveness, and youthful appearance, by taking one or two of Dr. RITTER'S small tasteless Capsules, with meals (made from a specially purified, Concentrated Extract of Fucus-Vesiculosus and Marienbad Salts, neither relaxing nor constipating). Price **2/6** per bottle, or 5 for **10/6**, post free.

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but will become prevalent with high-waist skirts when the spring advances and the weather is warmer.

A STRIPED MORNING SHIRT.

This is a particularly smart and pretty blouse, owing to the good cut and the attractive arrangement of the stripes. A novelty is the cutting of the collar in one with the back and front panels, to ensure the stripes coming horizontal without being checked by a seam. The collar is shaped by a seam on each side—the stripes being made to meet. The stripes in front are on the straight, and, as the back is cut with the fronts, this brings the stripes on the cross at the back. To obviate difficulty in meeting stripes, a strap (cut on the kimona back-and-front pattern) is stitched on the edge of front and back where they join the horizontally striped vest. These straps should be cut in the straight stripes at the back, this bringing the stripes on the cross in front. The sleeve is cut with stripes on the straight; the cuff can be cut on the cross, or with horizontal stripes (see page 25, also back view on p. 32).

The diagram should be carefully studied, as from it the worker will see how to lay the pattern pieces on the stripes. Do not cut your pieces in duplicate, as you might get the stripes on a different level. Cut the top layer, then lay your cut pieces back to back on the material, and see that the stripes correspond.

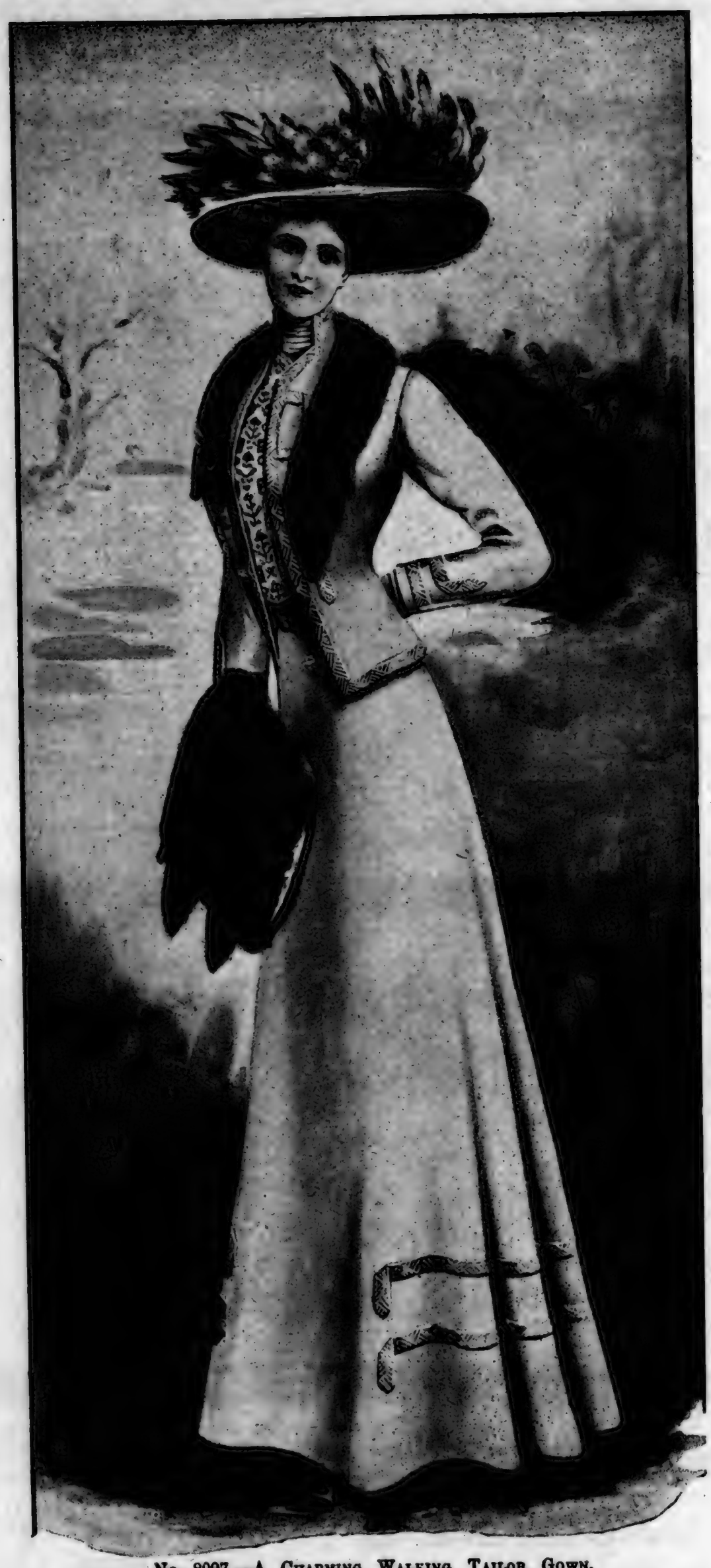
The pattern is in five pieces; half of front vest (with quarter of collar), half of back panel (with quarter of collar), one front cut with one back, one sleeve, one cuff. The diagram shows the pattern pieces laid on 3¼ yards 30-inch Viyella, which is double beneath kimona back and front sleeve, cuff, but is single beneath vest (front and back), and straps, the lacking halves and duplicate strap being marked out on the material. The blouse closes on the left, the collar hooking at left double notch seam.

Tack the kimona on front and back panels. Tack the right collar seam, and try on. Arrange the straps, and stitch them down, stitching the same time the kimona to the right sides of panels and also to the left side of back panel. The blouse closes with Newey's Imperial Spring Hooks (very small) and eyes which have been worked over with white silk or cotton. The collar will set better if boned, especially up the side seam and opening. The blouse edge is simply hemmed. A pretty decoration of cord loops and pearl buttons trim the cuff and shoulder. Round (not flat) buttons should be used.

The sleeve is frilled into the lined cuff, which can be seamed or close with hooks and worked loops. The top is gathered into the shoulder, and the seam is bound. The sleeve is only slightly full, in the new style. The cuff is trimmed like shoulders.

This pattern makes up charmingly in satin, with lace vest, the shirt sleeve being gathered up, its fulness diminished by being utilised for a double ruche up the arm. This can be finished with a lace band cuff. It is then a most dressy afternoon blouse, to accompany the lengthened skirt. (See full figure illustration on page 25).

(For "Baby's French Bonnet" see page 29.)



No. 8097.—A Charming Walking Tailor Gown.

For Description see pages 31 to 34.

Price of Paper Patterns, Skirt, or Coat, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C*

The Most Delicate Child

CAN EASILY DIGEST
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Neave's Food

Contains all the essentials for Flesh and Bone-forming in an exceptional degree. Over 80 years' reputation.

Assists Teething and Relieves Infantile Constipation when prepared according to the directions given,

forms A COMPLETE DIET FOR THE INFANT, THE AGED, AND THE INFIRM. Health and Strength giving.

Sold in 1/- and 2/6 Tins. Also in 4d. Packets.

Write for "HINTS ABOUT BABY," by a Trained Nurse; postcard to Josiah R. Neave & Co., Fordingbridge, via Salisbury.

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COLLARS.—Gentlemen's 4-fold, from 4s. 11d. per doz.
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MATCHLESS SHIRTS, with 4-fold Fronts and Cuffs; and Bodies of fine Longcloth, 35s. 6d. per half-doz. (to measure 2s. extra). OLD SHIRTS made good as new, with good materials in neckbands, cuffs and fronts, for 14s. the half doz.

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Fish Napkins, 2s. 11d. per doz. Dinner Napkins, 5s. 11d. per doz. Table Cloths, 2 yds. sq., 2s. 11d.; 2½ yds. by 3 yds., 5s. 11d. each. Kitchen Table Cloths, 11½d. each. Strong Huckaback Towels, 4s. 11d. per doz. Frilled Linen Pillow Cases, from 1s. 4½d. each. Surplice Linen, 1s. per yd. Monograms, Initials, &c., woven and embroidered.

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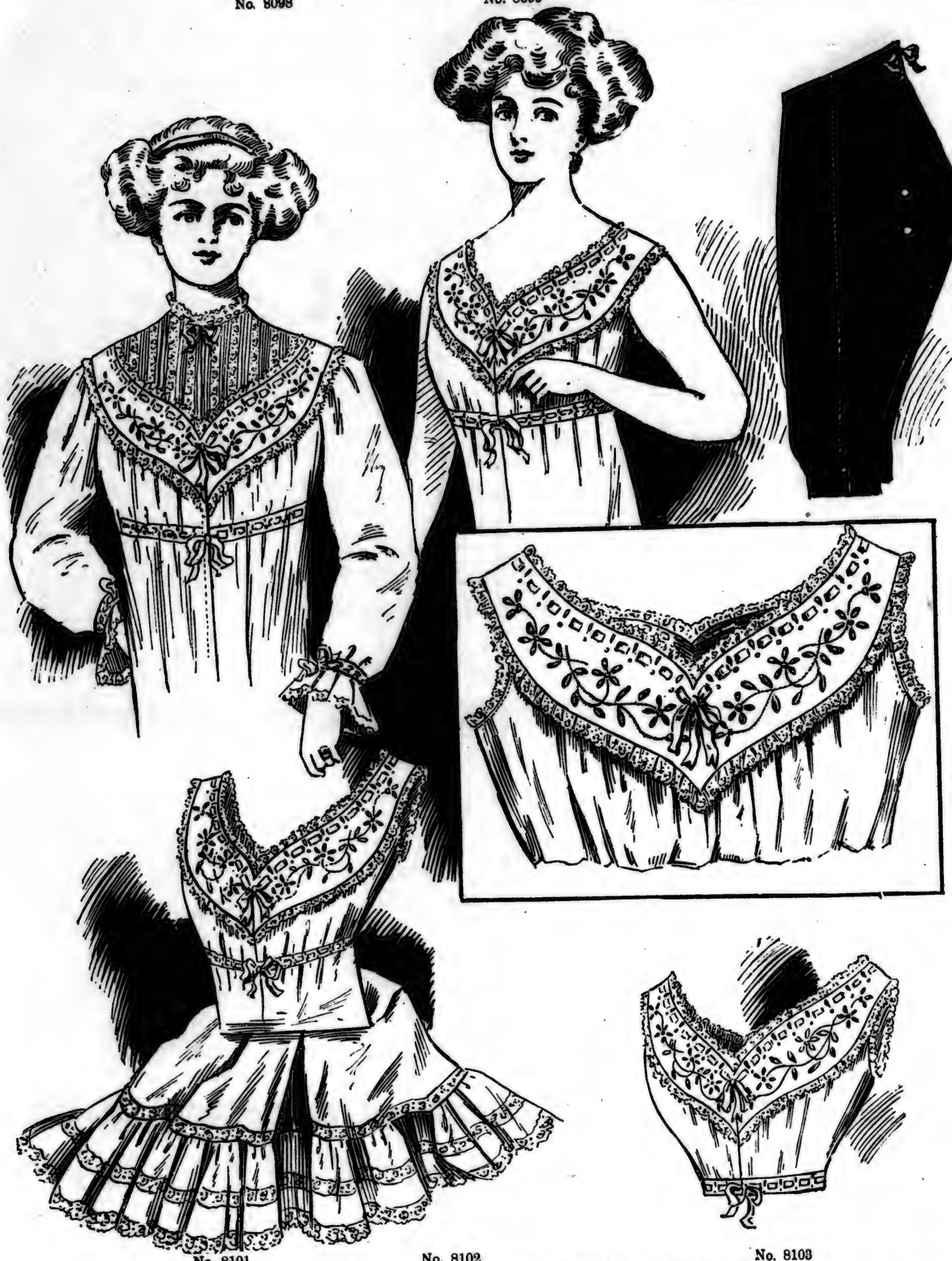
No. 8098 No. 8099 No. 8100



No. 8101 No. 8102 No. 8103

EMBROIDERED UNDERWEAR FOR A BRIDAL TROUSSEAU

For Descriptions see Pages 31 to 34.

Price of Paper Patterns, Nos. 8099 and 8101, each 1s. 0½d.; the other models, each 6½d., post free of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

BABY'S FRENCH BONNET.

A variety of the Dutch bonnet, with a touch of the Mary Stuart coif, no prettier head-gear could be devised for a baby girl twelve months old. The peaked front rim softens the bare forehead, especially if frills of soft Valenciennes are placed beneath it. A pretty feature is the new darts on the ear, which are laced up with baby ribbon, and finish with a big rosette. These darts can be seamed if preferred.

The pattern is in two pieces: the crown, the peaked Stuart front brim. Darts on the front of crown show how it is eased into the corresponding darts of the brim. The brim should be embroidered (see Mrs. Hamer Jackson's article on this page), stiffened with lino and lined with thin silk. The bonnet can be of white silk, satin, or 20-inch velvet. The diagram shows how to lay the two pattern pieces on the material. Half a yard of 20—22-inch material is sufficient.

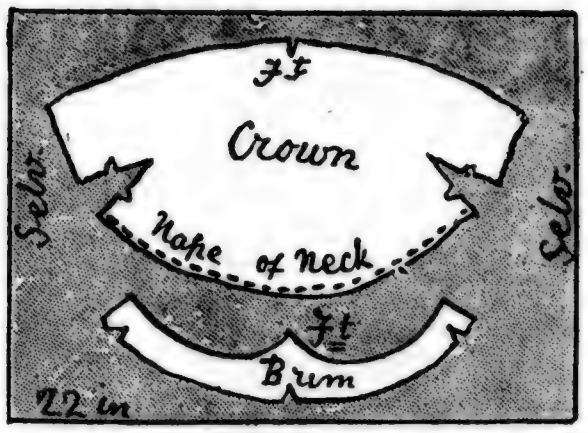


DIAGRAM OF FREE BONNET PATTERN.

The darts should be stiffened; the whole crown should be lined. The holes for the ribbon lacing should be worked. The crêpe is frilled up to fit the neck and is piped. The lower edge, between the ear darts and front, is piped. If it suits the child, this part can be left plain, or can be slightly pleated when the ribbon strings are attached.

EMBROIDERED BONNET FOR YEAR-OLD BABY.

BY MRS. HAMER-JACKSON.

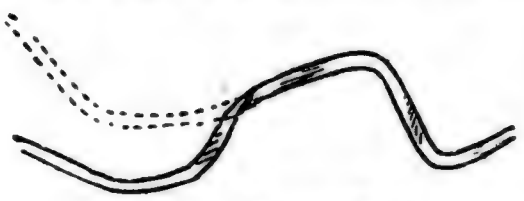
HOW costly and generally stiff-looking are the ready-made bonnets which one can buy in the shops where little maids' millinery can be had! Every mother throughout the kingdom has passed through the worrying experience of finding a suitable bonnet for Little Dot. These, however, are easily made at home, and often scraps of the coat or frock, or perhaps pieces from mother's best dress, will be found quite sufficient to make a most handsome little headgear, which only needs a little care and a little deftness of fingers, when handling the needle and silks.

The actual cutting out and piecing together of the graceful bonnet illustrated is so well explained elsewhere that it would be useless for me to give you any more hints on that subject.

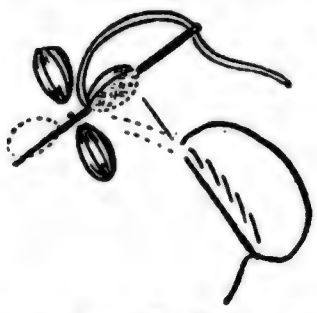
Now, the decoration of the pretty little piece, which I will call a brim for want of a better name, and which is really the making of the bonnet, is another matter altogether. Personally, I should advise my readers to make it in a different material than that chosen for the bonnet itself. For instance, my idea of a sweet little girl's coif fashioned in the style pictured, would be a velveteen bonnet, in some rich shade of brown, with a fawn ribbed silk brim embroidered all round in Pompadour style, using soft-toned silks for the flowers, and pale blue or pink very narrow taffetas silk ribbon for the pretty lover's knots and winding loops.

With a little taste, and careful attention to details, this could be made a most picturesque and dainty piece of work. I should not try to embroider the lover's knots, because the narrow shaded ribbon referred to above gives the most charming effect with very little work, the ribbon being simply laid on the lines of the designs, following each little curve and stitching down where required.

The flowers should always be in contrast to the ribbon—that is, if the ribbon is pale blue, the flowers must be pink, at least three shades of medium embroidery silk are wanted, and *vice versa* if the ribbon is pink, using at least two soft pale blue tints. The foliage, which is extremely light and pretty, is in delicate shades of green, pale leaf greens.



DETAIL OF RIBBON WORK.

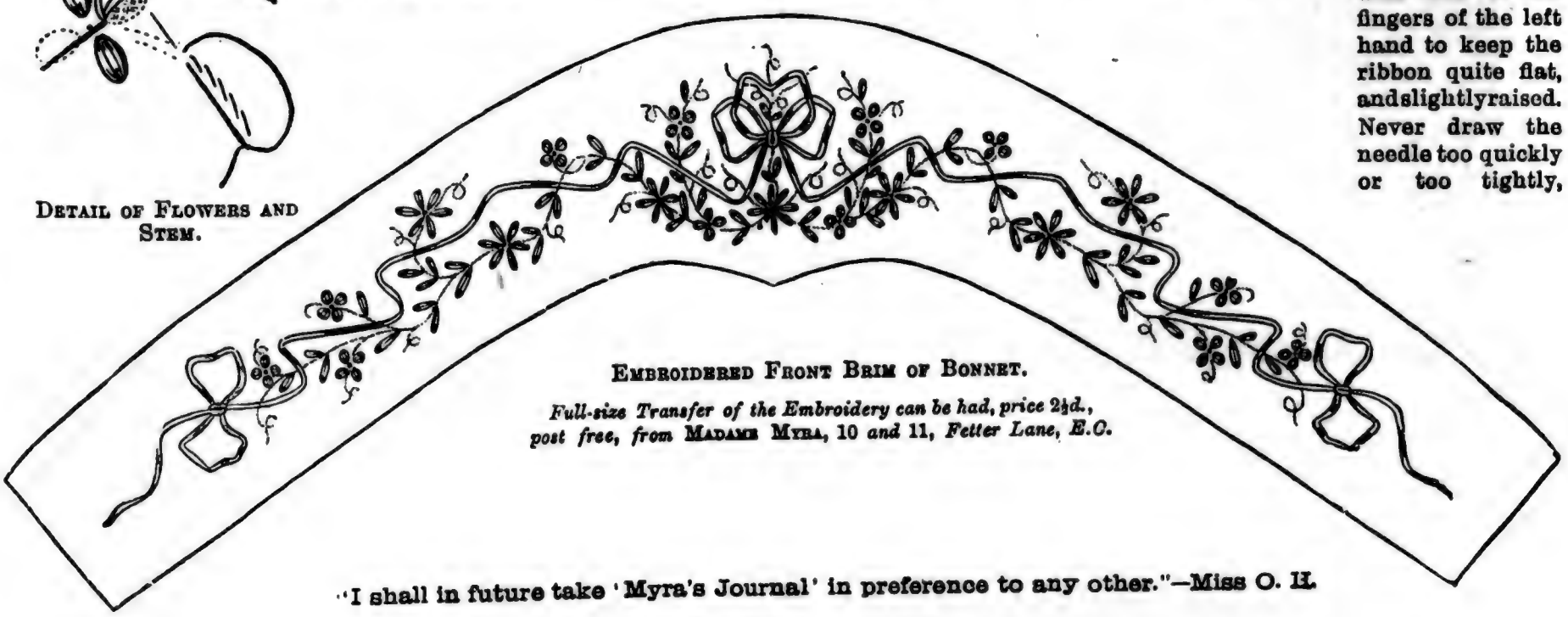


DETAIL OF FLOWERS AND STEM.

It is always well to pad the flowers so as to give the raised effect so much beloved by our friends across the Channel, and which in this case gives a decidedly smart and artistic contrast to the necessary flat appearance of the winding ribbon. A French knot of gold coloured embroidery silk must be put in the centre of each flower.

Be most careful to use the very soft tints mentioned, and remember that all silks can be had in different sizes, medium threads being the most suitable for this kind of work.

I must also mention, that if my original idea of brown and fawn be followed, a discreet touch of gold, given by means of French knots in fine gold threads, in and out the curves of the ribbon, would greatly enhance the rich appearance of this bonnet. Another suggestion worthy of notice is to embroider the leaves in satin stitches, with the soft greens I have already advocated, and the flowers in Pompadour ribbon, working each petal separately in one stitch, the needle being threaded with narrow ribbon, and brought out in the centre of the flower, then put through the material again at the top of each petal, drawing the needle very gently, and taking care with one of the fingers of the left hand to keep the ribbon quite flat, and slightly raised. Never draw the needle too quickly or too tightly,



EMBROIDERED FRONT BRIM OF BONNET.

Full-size Transfer of the Embroidery can be had, price 2½d., post free, from MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

"I shall in future take 'Myra's Journal' in preference to any other."—Miss O. H.

otherwise the work will be spoiled by the stingy appearance of the ribbon, which is easily pulled out of shapeif drawn too tightly, or without care.

Another way of doing the flowers with ribbon is to just oversew finely one edge of a tiny little piece of the taffeta ribbon, say about two inches at the utmost, and pull the thread very lightly, when you will have a miniature little *chou* of ribbon which when touched up carefully with the point of the needle, will resemble exactly a small rose. If this is done with shaded ribbon, two different shades of pink, the effect will be extremely dainty.

Many mothers like to dress their children in cream or white only, when the same suggestion of velveteen and silk could be carried out easily, the embroidery being done entirely in white floss silk and Pompadour ribbon, the effect being very chaste and elegant.

MYRA'S EMBROIDERY TRANSFERS.

These excellent full-size Transfers of Embroidery designs which we publish monthly are only printed in BLUE. For dark materials, instead of "ironing off" the design on the fabric, tack the transfer in place and work OVER it, tearing away the paper when the embroidery is completed.

No. 8104.—A CASHMERE HOUSE BLOUSE.
For Description see Pages 31 to 34.
Price of Paper Pattern, 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

GRAPHOLOGY DELINEATIONS.

By Edith OShea.

All letters must be sent to "Graphologist," MYRA'S JOURNAL OFFICE, *10 & 11, Fetter Lane, E.C.*

(1) To be delineated in these columns, *specimens of handwriting* must be received on or before the 25th of the month.
(2) Delineations will be given free if inserted in these columns. Readers desiring detailed postal replies must forward six penny stamps and a stamped addressed envelope, but in either case the coupon cut from the current number must accompany *every* letter.
(3) Letters must consist of not less than 100 words, copied matter and lined paper being inadmissible. The usual signature must always be given, but a nom de-plume is also required for printed replies.

ADMIRED.—Since your pseudonym does not betray your sex, shall I reply to you only that mine is the same as yours? In temperament you are careful, almost too much so at times, and this causes you to lack sufficient force of character. The will is very variable, so that, though I judge upon points of special interest, I think you would have perseverance; on other occasions you would be influenced far too readily by the opinions of others. You have much power of detail, are usually quite candid, but can retain your own counsel when occasion requires it. You are energetic and shrewd. The signature repeats perception of mind and some personal dignity.

ROBUST.—This writer possesses a clear and sensible mind, the whole nature is kindly and unaffected, and considerable powers of intuition are shown. I see no reason whatever why you should not make a perfectly good success of your life and its undertakings; but you require rather more determination or inflexibility of purpose. The will is not always sufficiently tenacious. For brain work concentration is the great secret of power. Give your very best and *entire* attention to what you have in hand at the time, and then relax your mind as completely when your work is over till you resume it again. You are candid, and have pluck and honour. The simple signature is very good, showing refinement of mind and love of music.

MYRA.—I am always pleased to hear from old subscribers, and am very glad to know MYRA has been so useful to you. Your handwriting reveals much originality, also a great love of the beautiful, both in form and colour. I know not what your vocation in life may be, but you would make an excellent modiste or designer for one, being capable of carrying out striking ideas in harmonious yet original colourings. But why such a tendency to depression? The capitals, while denoting much artistic perception, also show some tendency to personal pride. You are kind and sensitive, but must try for more strength of will. But the most noticeable characteristic in your writing is the exceedingly curious placing of the crossbar to the "t's." This reveals great hesitancy of mind, and a nature that is very lacking in self-reliance and decision, and therefore apt to procrastinate. Yes, if you send a coupon with the letter you wish delineated I will certainly do it, but the longer the letter sent the better delineation; the signature must be sent, and, if possible, the whole letter. Every letter is treated in entire confidence, and all enclosed letters returned, so you need not hesitate about sending any.

PUSSY.—In reply to your question, I certainly think you should succeed in business. From personal experience, I know shorthand

No. 8105.—A NET BLOUSE.
For Description see pages 31 to 34.
Price of Paper Pattern, 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

seems hopeless at first, and then suddenly it seems to come to one all at once, as it were, and all is fair sailing afterwards, so be of good cheer. Your handwriting shows a clear and capable mind, with that rapidity of thought which is essential to the occupation you suggest. Fond of detail, you are kindly, natural, honourable, and should have plenty of friends, for you are unselfish, but apt at times to have too much self-analysis, then you become disheartened. You would be constant in your affections, but might be a trifle jealous. Thank you very much for your kind wishes, which are heartily reciprocated.

SPES BONA (Cape Colony).—This writing shows great hopefulness and the ability to look on the bright side of life generally. You are tidy, and very careful about all details. You are honourable, kind-hearted, and generous, and patient in all your work. The temper is apt to be a little quick at times. You are very reserved, and would always keep your own counsel, but once having made a friend would be very loyal. I judge you to be fond of outdoor life, and all beautiful scenery. The signature shows refinement of tastes and personal dignity and clearness of ideas.

KIDDIE (Holland).—This writer cannot have read the rules, or she would certainly have seen that lined paper is inadmissible, and that a proper letter is required, and not a certain amount of copied matter. Very little can be given in the way of character, even on the lined paper; the few words that appear here and there to be naturally written are anything but straight. The ambitions, I should say, are high, and the mind works rapidly, although not very clearly. The will is strong, and the temper inclined to irritability. The signature gives acuteness of perception and tenacity of purpose.

(*Continued on Page 42.*)

I have taken your journal for seven years, and find it very useful.—L. Bradbury, 38, Gladstone Avenue W. G., N.

Descriptions of the Illustrations.

A Beautiful Court Train.

No. 8060, The train is of silver tissue
Page 3. draped with white spotted silk muslin or chiffon. Over this is beautifully draped a lace shawl, which is held to the lower part of the train with silver net passementerie or silver ribbon and bouquets of flowers. The tissue train is pleated into the high waist of the Directoire gown, the ends caught up to the shoulders. The shawl is draped over this, pleated into the low neck of the bodice, and forming long burnous loops on each side from the shoulders. The shawl to look well ought to be quite 2 or 2½ yards long.

Net Bridge Coat for a Bridal Trousseau

No. 8061, If double-width material is used,
Page 5. the coat is cut in a single piece Single material has to be seamed—a very neat, small seam—down the back. Choose a net with reversible design. A net flounce edges the coat, headed with a band of lace. Lace edges neck and fronts. 45-inch material, 3 yards.

For Nos. 8062 and 8063 see pages 6 and 8.

A Princess Visiting Gown.

No. 8064, Cut a nine-piece high-waisted
Page 7. princess lining from neck to hip, in thin silk or mercerised lining, to close at back. To its edge stitch the seven-gore foundation skirt, the edge of which is faced with the fine cloth building the dress. Veil top of bodice lining with alternate bands of gathered silk muslin and lace insertion. Band collar and tight long sleeve to match, lined with white silk. On this foundation is draped the cloth princess gown in seven gores. Fit, stitch and bone lining with care. Hem the skirt, the hem interlined with lino, to prevent any tendency to "roll up," felled invisibly from back, and decorated with a band of velvet matching the cloth. Straps of the velvet support the princess dress on the shoulders, and a strap hems the low neck. The wide front of the princess dress is finely tucked at the top (tucks wheelmarked). A band of the velvet edges the tunic. 52-inch cloth, 7 yards.

No. 8106.—ELEGANT AFTERNOON BLOUSE.

For Description see pages 31 *to* 34.

Price of Paper Pattern, 6½*d., post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

Bonaparte Coat and Skirt of Black Face Cloth or Velvet.

No. 8065, Seven-gore high-waist skirt, un-
Page 8. lined, hemmed invisibly from the back over a band of unstiffened muslin. Lovely coat, waist very high at back. Fronts are cut with revers faced with the material. Straps of narrow silk braid trim the side and basques very effectively. Waistcoat fronts of white brocade, closing with hooks and eyes, decorated with velvet straps and steel buckles across a lace jabot. Bonaparte collar faced with cloth. Elegant sleeve, fitted smoothly into shoulder. Cuff of the material. Line coat with white silk or satin, cut on coat pattern, but seamed apart. 52-inch cloth, 7 yards.

A Tucked Shantung Shirt.

No. 8066, Thirty-six inch white Shantung is
Page 8. used. Back and fronts are very smartly tucked (tucks wheelmarked on pattern), the tucks being hemstitched (holes for hemstitching being made with a large needle). Box-pleat is cut with right front. One-piece sleeve. Collar and cuff are tucked to flat patterns. Blouse closes with pearl buttons, the buttons made in an underfold of box pleat. 31-36-inch material required, 3¾ yards.

A Tucked Shirt-Blouse of White Shantung.

No. 8067, Two tucked fronts and two tucked
Page 9. backs, the tucks alternated with box-pleats, the central box-pleat, tucked down centre, being cut with right front (tucks and pleats wheel-marked on pattern). Close beneath box-pleat with buttons and buttonholes. Tucked collar band hooks at back, tucked to flat pattern. Short sleeve with tucked cuff (tucked to flat pattern). 32-inch silk, 4 yards. Little velvet ribbon tie.

A Dainty Evening Blouse.

No. 8068, Three-piece front and one-piece
Page 9. back, of silk lining, closing on left of centre panel and on left shoulder. Veil top,

A Remarkable Book on the Preservation of Health.

DR. ANDREW WILSON, the distinguished authority on hygienic science and health questions, is evidently a believer in Thomas Carlyle's doctrine that there is no utility in pointing out misfortunes unless you at the same time indicate the remedy.

In his remarkable little book, "The Art of Living," just issued from the press, Dr. Wilson not only points out that "our first duty to ourselves is to check illness at the outset," but he follows up this admonition with the more welcome information how we are to do it.

He, so to speak, says, "You have the evil of ill-health to fight. Now, here's the weapon to fight it with. Strike for freedom." For example, he says: "Suppose a person has run down—feels languid, and is easily tired. If he neglects this warning—for all such signs and symptoms are Nature's warning to us—the possibility is that he will pass further afield into the great lone land of disease."

"Can he do anything to save himself from such a disastrous result? In the vast majority of cases he can restore his vigour." How?

"Probably," says the doctor, "he will be advised to take a tonic. This in the main is good advice. Unfortunately, the number of tonics is legion, but if there exists any preparation which can combine in itself the properties of a tonic and restorative, and which at the same time can contribute to the nourishment and building up of the enfeebled body, it is evident such an agent must prove of the utmost value to everybody. I have found such a tonic and restorative in the preparation known as Sanatogen."

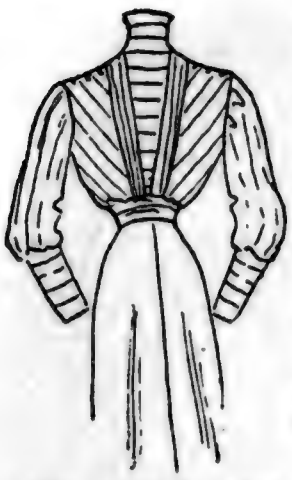
How the distinguished author found this tonic he tells us in an interesting bit of autobiography. "Recovering from an attack of influenza," he says, "and suffering from the severe weakness incidental to that ailment, Sanatogen was brought under my notice. I gave it a fair trial, and the results were all that could have been desired. In a short time my appetite improved, the weakness was conquered, and without the use of any other medicine or preparation I was restored to health."

Sanatogen, he tells us, "combines two distinct elements, one tonic and the other nutritive." Further, it is no "secret" remedy, for as he pertinently observes, "its composition is well known; otherwise medical men would not prescribe it."

What the tonic and nutritive elements of Sanatogen are and how they effect so much good, Dr. Wilson describes in simple, convincing terms. The whole passage is too long to quote, but one important remark of the writer may be given—namely, that one of the principal elements of Sanatogen "represents the substance which actually forms a very important, if not the most important, constituent of our brain and nervous system."

How, through regenerating the nervous system, Sanatogen restores the functions of the digestive organs, and by rebuilding the tissues compensates the wear and tear of latter-day life; how it does away with the need of stimulants, and cures the sick by the natural method of making the body strong enough to drive out disease—all this, in the delightful style of Dr. Wilson's language, makes engrossing and pleasant, as well as instructive reading. This last contribution of his to the literature of health may certainly be calculated to carry joyful news to the ailing and weary.

A limited number of complete specimen copies of "The Art of Living," by Dr. Andrew Wilson, are available for distribution. A copy will be sent gratis and post free on application to the publishers, F. Williams & Co., 24, Alfred Place, London, W.C., mentioning MYRA'S JOURNAL. Sanatogen is used in the Royal Family, and can be obtained of all chemists in tins from 1s. 9d. to 9s. 6d.



Back View of Free Striped Morning Shirt

Back View of Free Directoire Skirt and Spencer.

with front and back panels, with rich lace. Crossed draperies, front and back, of silk transparent gauze. Folds of the gauze finish the neck. Rucked sleeve, bound with metal braid up the opening, which is brooched at intervals with silver buttons. Knot of metal braid on shoulders tipped with little tassels. Silk or metal braid can be used. 42-inch silk gauze required, 2½ yards.

A Pretty Bridge Blouse.

No. 8069, Page 9. Two fronts, a full plastron, and back, cut in 45-inch silk net, plastron gathered to a yoke made up of lace insertion, net bands and lace edging. Close on left. Wear over a silk slip which has a fitted sleeve lining of Brussels net. Smart fichu of pleated net, trimmed with lace. Rucked sleeve of the net, the gaugings held in place with lace. 45-inch material, 3 yards.

Charming Blouse of White Fancy Crepe.

No. 8070, Page 9. One tucked back, two tucked fronts, the fronts separated by a vest of lace on satin. Tucks are wheelmarked on pattern; the last tuck at each sleeve is reversed to simulate a box-pleat. Trim pleats with small buttons. Long coat sleeve. Collar of lace. Edge collar and sleeve with a frill. Sleeve is lined (lining cut on flat pattern) with satin. 44-in. material, 2 yards. Close on left, collar hooking at back. Wear over a silk or satin slip.

A Smart Morning Coat and Skirt.

No. 8071, Page 10. Five-gore skirt of tweed or serge, unlined, worn over a five-gore fitted foundation skirt. Hem the skirt invisibly from the back (the French hem). Smart, short, French coat neatly fitted but not tight, the waist short at back. Stiffen single-breasted fronts and face with white satin. Braid edges and trims coat corners. Waistcoat (double-breasted) of white broché. Close coat edge to edge over waistcoat with hooks and eyes. Ermine collar and tie. Two-piece flat coat sleeve. Line with white satin cut on coat pattern but seamed apart. 52-inch material, 6½ yards.

A Good Rain Coat of Heron Grey Coating.

No. 8072, Page 11. Two-piece double-breasted fronts (seamed beneath strap, which passes over shoulders and covers seams joining back and side-pieces of back). There is also a side-piece under each arm. To look well the straps should be cut with back and front in one—no shoulder seam. As this makes a very long curve, it is necessary to cut the straps before cutting the other pieces. Face fronts with the coating, and close with pearl buttons and buttonholes. Bonaparte collar, closing with hook and eye. Two-piece sleeve, strapped. Coat can be lined throughout or only to hip. 52-inch coating, 7 yards.

Smart Travelling or Motor Coat.

No. 8073, Page 11. Two-piece single-breasted fronts, four sides, one back. Seams back and front are lapped, and are open to knees, the opening decorated with false buttonholes of satin and satin buttons. To be made in stout cloth. Face fronts with the cloth, and close with buttons. Face revers with satin, and trim with false buttons and buttonholes. Round turn-over collar, closing with a hook and eye if necessary. Two-piece sleeve, with satin-faced cuff. Coat can be lined throughout or only to hip. 54-inch material, 6½ yards.

Lovely Gown, showing the "Seamless" Directoire Skirt.

No. 8074, Page 12. For black face cloth of rich quality. Looks beautiful in velveteen or black silk, but the material must be seamed up the selvedges to make it wide enough for the two large circular pieces. The skirt does not fit too closely. The only shaped seams (except a few darts if necessary) are up each side, concealed with rows of buttons. There is no seam at back. Wear over a white silk fitted foundation skirt. Dress closes on left side of blouse front panel and left seam of skirt. The blouse has a panel back and front of Irish crochet (yoke) and white satin draperies, headed with sequin embroidery. Into armhole mount satin-lined lace sleeve. Lace band collar. Frills of chiffon at neck and wrist. Four-piece kimona of the skirt material, lapped on shoulder beneath a band of sequin embroidery. 52-inch black cloth, 6 yards.

A Velvet Dinner Gown.

No. 8075, Page 13. Cut a 9-piece high-waisted princess lining from neck to hip, in thin silk or mercerised lining, to close in front and on left shoulder. To the edge of this is stitched the 7-gore white satin foundation skirt, veiled with white chiffon. A frill of chiffon covers the satin hem. On this foundation is draped the princess gown in nine gores. In cutting the velvet, see that the pile feels rough if smoothed downwards. The backs and sides are full length. The fronts are shorter, the top of the lining being veiled with an elegant drapery of the velvet. Face edge of tunic with white satin, and decorate with embroidery passementerie. Fit and stitch lining with care. Hem the skirt, the hem interlined with lino, to prevent any tendency to "roll-up," felled invisibly from back. The pretty velvet sleeve is folded on a lining, and is finished with an under-sleeve of satin and chiffon; a few folds of chiffon finish the neck. 20-inch velvet, 14 yards.

Beautiful Evening Mantle.

No. 8076, Page 14. Of white cloth, trimmed with white silk Macramé lace and leaf-green velvet. Two backs, two fronts, a big sleeve smoothly mounted into shoulder beneath straps of lace (fringed at ends). Medici collar, stiffened, faced with velvet. Lace edges the neck and continues down the front (fringed at end), the top edge laid on a band of velvet, false cord buttons holding the eyes to which the right front hooks. Line with white satin, cut on coat pattern but seamed apart. Edge sleeve with a smart cuff of the velvet supported by muslin. 52-inch cloth, 6 yards.

Directoire Evening Gown with Tunic.

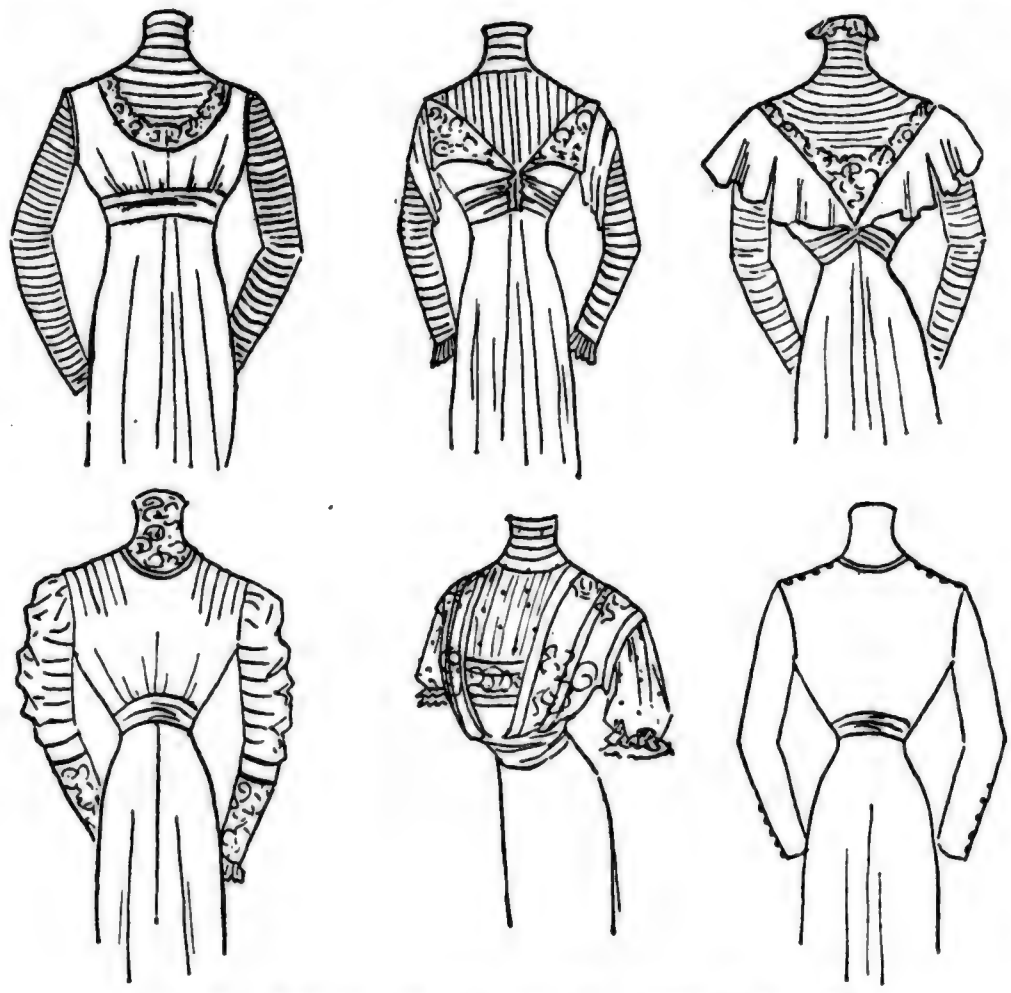
No. 8077, Page 15. 7-gore skirt of white satin, the tablier being of princess cut to neck, hemmed over a band of soft muslin and decorated with black velvet rosettes. This is mounted into short satin bodice sides and backs, of the satin (lined). Beautiful tunic of spotted gauze, the front closing on left, rising higher in front. It is hemmed with jet sequin net. Gown closes on left and on left shoulder, at the band of narrow sequin net. Sides and back of bodice are draped with gauze. Broad band of jet sequins in front. A narrow band edges sides and back of neck. Belt of black velvet. Transparent sleeve of the gauze hemmed with net. 45-inch gauze, 5 yards; 44-inch satin, 6 yards.

A White Crepon Dressing Jacket.

No. 8078, Page 16. Only the yoke is lined. The over-sleeve cut with yoke. Edge yoke with insertion and flouncing. The coat is pleated into yoke, pleats pressed to keep close to figure. Edge with insertion and flouncing. The under sleeve, trimmed with lace, is mounted into the yoke lining. Pretty collar, edged with lace. 42-inch material, 4 yards.

A Directoire Dressing or Lounge Gown.

No. 8079, Page 16. This is a princess dress of pure white crêpon, closing on left, the front and back gathered upon a white silk yoke, headed with lace. It is lined throughout with very thin silk, the rest of lining cut on gown pattern. Directoire belt of green velvet ribbon with rosette. Beautiful collar over shoulders, pleated, unlined, edged with lace, the ends tipped with tassels. Sleeve of the crêpon, edged



Back Views of Nos. 8091 to 8096 (Pages 22 and 23).

lace, on a longer lining, which is finished with lace frills. Lovely model. 42-inch material, 7 yards.

A Draped Velvet Toquet.

No. 8080, Page 17. Pretty model for velvet, millinery cloth, or silk, to match a costume. Tudor style. Feathers on left.

A Silk Picture Hat.

No. 8081, Page 17. Smoothly covered with silk or satin, the brim bound with velvet. Velvet drapery and shaded feathers.

A Draped Cloth Toque.

No. 8082, Page 17. It almost conceals the hair, and is a good model for travelling or motoring. It is finished with a wreath of roses.

Elegant Gown for Dinners or Evening Receptions.

No. 8083, Page 18. Cut a nine-piece high-waisted princess lining from neck to hip, in silk or mercerised lining, to close at back. Veil with backs and front of tucked satin, a lace band and chiffon neck draperies. Fichu draperies of the satin. To this lining is stitched the foundation skirt. On this foundation is draped the corselet gown, the front with a broad lace band. Fit, stitch and bone lining with care. Hem the skirt, the hem interlined with lino, to prevent any tendency to "roll up." Tight sleeve of the lace insertion. 42-inch satin, 8 yards.

Satin Evening Gown.

No. 8084, Page 18. High-waisted skirt, fitted above, flowing at the feet. Wear over a seven-gore foundation skirt, which is stitched to fitted lining. Pleated satin back and fronts on bodice lining. Draperies of net fill in prettily the low neck. Sleeve of the same net—a mere drapery. 44-inch satin, 7 yards.

A White Satin Dance Gown.

No. 8085, Page 19. Seven-gore skirt of satin, high-waisted, secured to blouse by hooks and eyes. Close at back. Hem the lower edge invisibly from the back over a band of soft muslin. Lovely low-necked blouse of the satin—a front and two backs, arranged on a fitted lining, with berthe of thick lace. This berthe is a kimona, cut in one with the little sleeve. Wreath of silver foliage in front. Sash of the satin, with made-up satin tassels. Blouse closes invisibly at back with small buttons. Wear over a Directoire under-dress of soft, white silk. 44-inch satin, 6 yards.

Dance Frock of Painted Gauze.

No. 8086, Page 19. Cut a bodice lining in white satin to close at back. To its edge stitch seven-gore satin foundation skirt, veiled with gauze. Over-skirt of the gauze, painted at edge; Directoire sash of satin, fringed with white chenille. Veil satin bodice back and front with full panels of lace net. Cover sides with gauze. Crossed draperies of the gauze, pleated on shoulder and held with chenille balls. Sleeve of the lace net, unlined, gathered up to form a frill. 44-inch gauze, 9 yards; 27-inch net, 2½ yards.

Lovely Tea-gown with Tunic.

No. 8087, Page 20. To a short-waisted bodice lining, closing down centre, is stitched a seven-gore silk foundation skirt, the lower part covered with velvet veiled with lace, this skirt closing across on the left. On this mount the tucked seven-gore tunic (tucks wheelmarked on pattern) of fine drap souple. The bodice lining is veiled with crossed panels, back and front, of velvet and lace, over this being mounted a two-piece kimona of the cloth, sleeve cut with back and front. A velvet ribbon drapery, held with buckles, conceals the fastenings and waist join. A sleeve of lace flouncings mounted on Brussels net is mounted into lining armhole. 52-inch cloth, 8 yards.

Smart Dinner Gown With Lace Coat.

No. 8088, Page 20. Seven-gore Directoire skirt of satin, the corselet part veiled with a velvet sash which goes twice round the body and ties loosely in front, tipped with chenille fringe. Coat of lace, lined with chiffon to match, edged with filet lace insertion. The back is cut up to form two tails. It is finished with a pleated plastron, mounted on net, finished at the top with lace. Wear over a fitted satin slip. The sleeve of the coat is mounted very smoothly and neatly, to look as much as possible as if cut with the coat. 18-inch piece lace, 6 yards. 44-inch satin, 6 yards.

A Directoire Dance Frock.

No. 8089, Page 21. Charming model of white silk muslin over satin. The seven-gore satin foundation skirt is veiled with the shorter silk muslin skirt, the muslin being weighted by a light wreath of flowers. The bodice lining is of satin, closing on left of centre panel. A panel of lace veils the satin, back and front, headed by a wreath of flowers. Cross draperies back and front of the muslin. The sash is of muslin, with rosette and drapery of the same delicate material. The only sleeves are draperies of the muslin. 45-inch muslin, 6 yards; 44-inch satin, 6 yards.

Dinner Dress with Directoire Coat of Moire.

No. 8090, Page 21. This lovely Directoire coat of shell pink moire, lined with white satin, should be in every trousseau. It is quite apart from the under-dress, and can be used for afternoon or evening wear. The short bodice part has two fronts (cut with revers), two sides, a back. The basque is added, and is cut in four breadths, the seams up the sides open. Face revers with the moire. Trim with silver-and-pink cord brandenburghs, which also close the coat across the under-dress. The smart sleeve is also open, held in place with cords. Large cuff of moire. Collar of moire, edged cord. Cord decorates the revers. 22-inch moire, 7 yards. The under-dress is a beautiful model of white satin, veiled with lace. The tight lace sleeve has a folded satin cuff edged with chenille fringe. White chenille passementerie edges the neck. 44-inch satin, 8 yards.

Elegant Directoire Gown.

No. 8091, Page 22. The high-waist silk or moirette foundation skirt is veiled below and up each side with chiné silk. The tunic, of tabard style, back and front, is of the broché

Why take Cold? Why not take COLEMAN'S WINCARNIS INSTEAD?

THE FAMOUS WINE TONIC MAKES YOU PROOF AGAINST CHILLS.

GOLD MEDAL AWARDED FRANCO-BRITISH EXHIBITION, 1908.

CONTRACTORS TO HIS MAJESTY'S FORCES AND THE ROYAL ARMY MEDICAL CORPS.

GOOD FOR DELICATE GIRLS.—Young girls are peculiarly sensitive to damp and chilly weather. They catch cold without knowing how. They get one cold on top of another until they are bewildered. It doesn't matter whether they are indoors or out of doors, it's all the same, sneezing and shivering and using all the pocket handkerchiefs they can lay their hands on. A Wimbledon doctor said the other day that directly a cold spell of damp weather commences, up goes the call list, and nearly all the extra patients are victims of bad colds, and the majority are girls and women. The cause he states is their blood and over-sensitive nervous systems. The remedy he states is to tone up the system, but it must be a tonic that will nourish as well as stimulate. A drug tonic is not nearly so good as "Wincarnis" for the purpose of permanent benefit.

THE MEDICAL MAGAZINE, London, Sept., 1908, contains the following paragraph:—"There can be no doubt that 'Wincarnis' is a tonic restorative of singular power, and, judiciously employed, is calculated to prove of immense value, both in certain acute and chronic conditions of debility or ill-health. Wine both nourishes and stimulates. Made up with extracts of meat and malt, under the name of 'Wincarnis,' invalids and sufferers possess a remedy whose value they will readily appreciate, as it will bring them both comfort and strength, and pave the way to recovery. Examination proves that the wine employed is good and sound in quality, the extract of meat is rich in proteids, and the extract of malt is of definite nutritive value."

NURSE HODGSON says:—"Having used Coleman's 'Wincarnis' for over 10 years I can highly recommend it as a reliable tonic restorative, especially after exhausting Influenza and other complaints. For the past five months I have given 'Wincarnis' freely to my patients, simply because I find it gives far more strength than any other wine or medicine. At the present time five people are taking it at the address below."

NEVER FAILS TO STRENGTHEN.—Mrs. A. Spence, 2, Reservoir Terrace, Salford, Manchester, writes, Sept. 11th, 1908:—Dear Sirs,—"'Wincarnis' is an excellent tonic and strength-giver, and never fails to do good. Wishing it continued success."

FREE TRIAL.

Send this coupon to Coleman and Co., Ltd., Wincarnis Works, Norwich, enclose three penny stamps to pay cost of carriage and packing, and they will forward you a sample bottle gratis.

SIGN NAME.....

THIS ADDRESS.....

FORM .....

MYRA'S JOURNAL, February 1909.

AFTER FREE TRIAL, you can buy "Wincarnis" at any wine merchants', but not at chemists' or grocers', unless they are licensed to sell wines. "Wincarnis" is sold by the glass at all the refreshment rooms of the Great Eastern and Great Northern Railway stations. "Wincarnis" is also sold medicated with Iron, celery, pepsine, or quinine.

SEND COUPON FOR SAMPLE BOTTLE FREE TO COLEMAN & CO., LTD., WINCARNIS WORKS, NORWICH, AT ONCE.

finished at lower edge with deep silk fringe. Silk bodice lining closing at back, veiled at top with a chiffon yoke pleated to flat pattern. Collar of the chiffon pleated to flat pattern on bones. Sleeve of the chiffon, pleated to flat pattern, lined after pleating with the plain silk. 44-inch chiné silk, 6 yards: 45-inch chiffon, 1½ yards.

Bridesmaid's Dress.

No. 8092, **Page 22.** Suitable for French or other muslin, or soft Oriental satin. The high-waist skirt has a double tablier, that on the right being draped up across that on the left to the left side. Skirt is unlined, and is decorated with a wide band of lace insertion. Material can be saved by laying the lace at the edge of the silk and finishing the other edge of the insertion with an added hem of the silk. Wear over a fitted Directoire foundation skirt, tight to the knees, very flowing below, the edge with soft, shaped flounce, made of satin. Cut a bodice lining in satin—three-piece front, four sides, two backs, to close at back. Tack, fit. On it mount a front and two backs of accordion-pleated chiffon. Back and two fronts of the skirt material, finished with the front and back draperies of satin. Elegant crenulated berthe collar of the satin, edged with lace (transparent), which is weighted by a pearl fringe. Belt of satin. Transparent sleeve of the silk tulle, folded to flat pattern. Double-width material, 10 yards.

Elegant Gown of Drap Souple.

No. 8094, **Page 23.** Directoire sheath shirt, rather high waisted, especially at back. The tablier laps on the left decorated with a black satin piping and black satin buttons. Hem invisibly over a band of soft muslin. Wear over a Directoire foundation skirt. Cut a bodice lining—three-piece front, four sides, two backs, to close on left. Tack, fit. On it mount rich lace, forming a plastron back and front. Band collar of the lace. Over this mount the back and two fronts of cloth, tucked on shoulder (tucks wheelmarked on pattern) piped with satin and

No. 8107.—SMOCKED AND EMBROIDERED OVER DRESS.

For Description see pages 31 to 34.

Price of Paper Pattern, 6½d., post free; Full-size Transfers of Embroidery (sleeve and two straps), price 4½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 8108.—EMBROIDERED OVERALL.

For Description see Pages 31 to 34.

Price of Paper Pattern, 6½d., post free; Full-size Transfers of Embroidery (yoke and two cuffs), price 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

A "Bonaparte" Visiting Gown.

No. 8096, **Page 23.** Seven-gore Directoire sheath skirt, rather high waisted, especially at back. The broad tablier laps on the left, over a velvet panel, decorated with silk cord brandenburgh and buttons. Cut a bodice pattern with three-piece front, to close on left. Veil top with soft satin, tucked to flat pattern, hooking on left shoulder. Band collar of the satin. Veil with a back, two sides, a narrow left front, and a double-breasted right front, closing over a velvet panel, decorated with cords, like the skirt. Two-piece smooth-fitting long-sleeve, slit over a velvet panel, decorated with cord buttons. 42-inch cloth, 6 yards.

Charming Walking Tailor Gown.

No. 8097, **Page 26.** A particularly pretty model of white cloth, trimmed with white silk braid. Skirt in five gores, closing at back. Skirt is rather high-waisted, especially at back. Hem invisibly (the French hem). Very pretty coat. A back, two fronts, four sides, two added waistcoat fronts. Two-piece flat coat sleeve. Coat is beautifully braided, the braid edging upright collar. Stiffen the fronts and face with white silk. Added waistcoat fronts (from side seam) of

No. 8109.—BOY'S VIYELLA NURSERY SUIT.

For Descriptions see Pages 31 to 34.

Price of Paper Pattern, 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

large revers covered with guipure. Belt of satin, closing on left beneath a rosette. Sleeve of chiffon, cut from the pleated material, with elegantly draped upper sleeve of satin. Double-width material, 7 yards; 44-inch chiffon, 3 yards.

A Directoire Bridal Dress.

No. 8093, **Page 22.** Of white soft satin. Can easily be turned into an evening frock by cutting away the yoke, and curtailing the sleeve. Original and graceful model. Skirt cut in five gores, full above, very flowing below the knees. The lower part is decorated with lace insertion. Hem invisibly over a band of soft muslin. Wear over a very well-fitted soft foundation skirt, tight to the knees, very flowing below, the edge with soft shaped flounce. Tunic of the satin, decorated with lace medallions and insertion. Cut a low-necked bodice lining—three-piece front, four sides, two backs, to close at back. Tack, fit. On it mount a berthe kimona of lace. Fill in low neck with a yoke (with collar) of silk tulle pleated to flat pattern. Over this mount closing with satin buttons. Draped belt of black satin. Elegant sleeve of cloth, pleated (pleats wheelmarked) on a smaller lining. Lace lower sleeve. Double-width material, 7 yards.

Draped Gown of Drap Souple or French Cashmere.

No. 8095, **Page 23.** The draped skirt is a very new one. Pattern of front and sides is in a single piece (half the drapery), and the rest of the skirt consists of two "Directoire tail" breadths—the whole skirt is, therefore, in three pieces. The tails at the back have the seams hidden by a band of chiné ribbon. Breadths have to be sewn together to provide the wide sweep of the front and side drapery. Wear over a soft, shaped foundation skirt. Cut a silk bodice lining with three-piece front, to close on left. Veil top with full silk spotted gauze. Kimona back cut with fronts of the skirt material, decorated with the ribbon. Sleeves of the spotted gauze on a silk lining. 52-inch drap souple, 6 yards.

of white broché, stiffened with thin canvas and lined with white silk. Line coat with white silk, cut on coat pattern, but seamed apart. Sable tie and muff. 54-inch cloth, 7 yards.

Embroidered Directoire Night-dress.

No. 8098, **Page 28.** Of silk veiling, batiste, nainsook, &c. Bodice part is cut with skirt, drawn up with ribbon-threaded beading. Top is gathered into a one-piece yoke, embroidered with three sprays (back and two fronts) in satin stitch. Slots are cut in yoke and worked to hold the satin ribbon. This low-necked yoke is filled in with a second yoke made up to flat pattern with lace and tucked silk (tucked to flat pattern). Fasten down front, buttonholes made in an underfold of yoke and gown. One-piece sleeve gathered into ribbon-threaded beading, finished with a lace-trimmed frill. Double-width washing silk, 6 yards.

Embroidered Directoire Under-dress.

No. 8099, **Page 28.** To match No. 8098. These under-dresses are princess cut, bodice and

skirt in one, though often the high waist is slightly drawn in with a ribbon-threaded lace beading, as illustrated, to keep all taut and in place. Use the softest silk or French lawn or nainsook. Two fronts, two sides, two backs. Edge is finished with a soft cross-cut frill. Decorate with valenciennes insertion and edging. Top is arranged into an embroidered yoke like No. 8098. Close with buttons and buttonholes (made in underfold of right front). This under-dress is all that is worn over the combination and long corset, except fitted pants of black satin (see No. 8100). 36-inch nainsook, 10 yards.

The New Directoire Pants.

No. 8100, **Page 28.** These are smoothly fitted with four darts as well as the four curved seams (back, front, sides). The back has a rounded flap which buttons on the left. Legs close with buttons and buttonholes (three) on knees. The waist is high, rising higher at back. Made of black satin. Can also be of cloth, serge, &c. Line top and knee fastenings. 22-inch satin, 4 yards.

Embroidered Directoire Divided Skirt.

No. 8101, **Page 28.** To be made of soft silk, satin, nainsook, &c., to wear over the hygienic combination. To match Nos. 8098 and 8099. Bodice part has an embroidered yoke, and is trimmed like No. 8098. Finish the divided edge with a soft lace-trimmed frill. 42-inch material, 5 yards.

Embroidered Evening Chemise.

No. 8102, **Page 28.** To match Nos. 8098, 8099, and 8101. Nainsook can be used—or good quality silk, 42 inches wide. Wide washing silk is an excellent material. There is no opening, the yoke, so as not to spoil it, being seamed at back and slipped over the head. A front opening can be made like Nos. 8098, &c. The pattern is in three pieces: half the front, half the back, half the yoke. Lay the pattern pieces on 3¼ yards of 42-inch material, which is folded over (selvedges meeting), front centres of yoke and front and back centre of back patterns laid along fold—so that each is cut in one entire piece. The chemise reaches the knee, and can be hemstitched, or can be lengthened with a lace-trimmed flounce. For the hem-stitching, make the holes with a large needle. The yoke is not lined. The back seam is sewn, and the back and front embroidered. Valenciennes lace edges the top and lower edges, whipped to the yoke. Slots are cut on the upper edge and worked, to be drawn up with satin ribbon. The back and front of chemise are seamed together (run-and-fell seams), the top is whipped and gathered into the yoke, the valenciennes lace covering the junction. If preferred the yoke can be lined, the lining being finely felled over the gathers. The armholes are finished like yoke top with valenciennes. The embroidery between the slots can be omitted.

Embroidered Cache-Corset or Under-Slip.

No. 8103, **Page 28.** Of silk, muslin, or nainsook. To match Nos. 8098, 8099, 8101, and 8102. A back and two fronts, arranged into an embroidered yoke, trimmed with valenciennes insertion back and front. Decorate with ribbon-threaded beading. Edge neck and armhole with valenciennes. 36-42-inch material, ¾ yard. The same transfer of embroidery for yoke (back and two front sprays) is used throughout this embroidered outfit. Price of set (one back, two fronts), 4½d., post free, of MADAME MYRA, 10 and 11, Fetter Lane, London, E.C.

A Cashmere House Blouse.

No. 8104, **Page 30.** Two tucked and box-pleated fronts and one tucked and box-pleated back (tucks and pleats wheelmarked on pattern). Close in front beneath box-pleat, which is cut with right front. Embroider pleats with French knots in coloured silk (on white cashmere). Spotted silk can be used instead. Embroidered shoulder and sleeve straps. Smart sleeve pleated into spotted band. Straps of embroidered or spotted material form a cuff. Cashmere collar, strapped with the fancy material, stiffened with bones. Frills of white silk, edged with the same colour as the spots or knots. 46-inch cashmere, 2 yards.

A Pretty Net Blouse

No. 8105, **Page 30.** One full back, two full fronts, the fronts separated by a vest in one with yoke front (made up to flat pattern with tucked net and lace). The fulness is arranged into a shaped band made up of lace and net tucks. Collar of lace and net like yoke. Edge collar and sleeve with a frill. Sleeve is lined with Brussels net. 45-inch material, 2 yards. Little velvet Brandenburgh with tassels. Blouse closes on left and on left shoulder.

Elegant Afternoon Blouse.

No. 8106, **Page 31.** Closes at back. Kimona of spotted silk, tucked front and back (tucks wheelmarked on pattern), inlet with pieces of tucked silk outlined with lace. Velvet ribbon edges the low neck. Mount on a lining to armpits, which supports the lace vest (with band collar) and the pleated sleeve. Lace cuff. 22-inch silk, 5 yards.

Embroidered and Smocked Over-dress.

No. 8107, **Page 34.** The pattern of the over-dress is in two pieces: one shoulder-strap, and one half of the garment, which is cut in a single piece out of 36-inch material. From side to side takes the full width, any superfluous material being smocked to fit the child across back and chest. Lay the pattern on 2 yards 36-inch silk or linen, which is folded in half (selvedges meeting). Centre of pattern is laid on the fold, so that garment is cut in one piece. Material is slit up back for an opening. Embroider the edge of the sleeve, which is cut with the over-dress. The shoulder is plain, and is decorated with the embroidered strap. Full size transfers for the embroidery of two sleeves and two shoulder-straps can be had from Madame Myra, price 4½d., post free. For the lovely smocking pattern, see design No. 3, Book No 21, of "Myra's Library of Needlework" (1½d., post free). The edge of over-dress is simply hemmed. With a deep hem and several tucks, the garment would allow for growing. Pattern cut for a girl of six years. To wear over

(*Continued on page 40.*)

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The **Zobeide Tissue Absorbers** will thin you. Price 2/6. The Zobeide Beauty Belt for the speedy reduction of Hips and Abdomen. No Pressure. No Dieting. Price 25/6 and 31/6. —Mrs. MAINE, 10, St. Mildred's Road, Lee, London (late 41, Conduit Street, W.).

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"Oktis" Shields assist the perfect fit of a dress. The explanation is simple. Your dressmaker must have a good basis to work upon, and then, though she fits you perfectly when your corsets are new, your gown will never hang properly after the steels are broken, and the waist-line of your corsets has a mass of ugly wrinkles. The "Oktis" is the only shield which contains Rustless Zairoid stiffeners.

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SHIELDS

HOUSEHOLD MANAGEMENT.

FEBRUARY TASTES.

THERE are some domestic tastes which belong by custom and convenience to particular months, and marmalade making is always considered one of the things which a good housekeeper considers before the beginning of February, and finishes making before the month is out. The reason of this is, naturally, because Seville oranges, from which the nicest and most generally used marmalade is made, are at their best in February. Sweet oranges are in fair condition; indeed, nowadays, we may almost have them in any month all the year round from one or another of our sister Colonies, or from one part or another of America, the land of our cousins. Lemons, too, are good, and from them an excellent marmalade is made, which is a very pleasant variation, though I have not yet found the man or boy who prefers to see it at breakfast in the place of the time-hallowed bitter orange marmalade, which has been dear to his heart from his earliest years.

For the mere man a wholesome marmalade, with plenty of chips in, may be made with confidence. Some folk will like marmalade jelly, innocent altogether of chips; others like a species which resembles in texture the sweetmeat known as damson cheese, and others again like one in which the oranges have been grated. For each of these I will give recipes which are old and tried, and well-known by many people; but as several correspondents have seen some of them in Myra's Journal a long time ago, and others in other articles of mine elsewhere, it will be well to repeat them.

It is to be remembered that daintiness and care are needed in marmalade making as in other things, and perfect results need not be expected from rough-and-ready methods, however necessary these may be sometimes. Marmalade makers of olden days spent long hours and arduous labour over the fine confections which they turned out so well, and we must do so also if we are to succeed in the same manner.

Few people trouble to soak in salt water the oranges for twenty-four hours before using them; but this is a very necessary precaution, as it destroys the minute organisms, which appear to be mere black patches, larger or smaller, on the skin of the oranges, but which are really millions upon millions of a species of the little creatures to whom we are indebted for most of the diseases of human kind. Their removal, therefore, by soaking first, and well-drying and rubbing the fruit afterwards, is an imperative duty from the point of view of health and well being, and it is taken for granted as a preliminary in all the following recipes:

AN OLD RECIPE: DATE 1699.

Cut the oranges in quarters, remove the pips, and put the fruit into an earthenware jar. Cover this, and place it in a pan with boiling water, three-parts up its depth, and let it simmer gently until the skin is soft enough to pierce with a pin. Then, with a silver spoon, carefully scoop out all the pulp, and put the skin, which will be as thin as a wafer, aside. This will probably take two hours or so. Return the pulp to the pan, and cook it a little longer, with the pulp added to it. While it cooks cut the skins with a sharp pair of scissors or a sharp penknife into the thinnest strips possible, making them, indeed, almost like threads. Then strain all the liquid from the pan in which the pulp and juice have been cooking, and to every pint add 1lb of sugar, and boil these to a syrup. Pass the strained pulp through a sieve, and to every pound add ½lb of stewed apples. Add these to the syrup, and boil till all is well mixed. Then put in the chips, and boil up

No. 8110

No. 8111

No. 8112

EARLY SPRING TAILOR GOWNS FOR GIRLS.

For Descriptions see Pages 31 to 31.

Price of Paper Patterns, Skirts or Coats, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Your patterns are all so well cut, it is always a pleasure to use them."—C. L. G.

once. This is very well flavoured, but it is not a "clear" marmalade.

ANOTHER OLD RECIPE (WITHOUT CHIPS).

Scoop out the insides of Seville oranges, removing the pippins and putting the skins aside. Add half the weight of peeled and cored apples, and put all into a jar in the oven, or, as above, in a pan. Cook them till they are soft and tender, then pass through a sieve and weigh. To each pound

No. 8113.—BLOUSE OF NUN'S VEILING AND LACE.

For Description see Pages 31 *to* 34.

Price of Paper Pattern, 6½*d., post free, from* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

add ¾lb of best cane preserving sugar, and boil the whole until it begins to look clear. Then strain through a jelly bag. This should yield very well flavoured and brightly coloured jelly. The flavour is better, in my estimation, if the skins, cut into chips, are boiled with the pulp.

FOR THE HOUSEWIFE.—We have pleasure in bringing to the attention of our readers who are interested in culinary matters the purely vegetable food extract called "Marmite." It forms a most valuable addition to soups and gravies, strengthening them and imparting flavour, and, in fact, fulfils all the purposes of meat extract in the cuisine, makes a perfectly clear solution. Marmite has been awarded three gold medals, and leading medical authorities have declared that it possesses the same nutrient value as a well prepared meat extract. It has an advantage over meat extracts, costing as it does one-half the price, and, therefore, from the point of view of economy we feel that many of our readers will be glad to have heard of Marmite. We understand it can be procured from all leading stores and grocers.

No. 8114.—A NET DANCE FROCK.

For Description see Pages 31 *to* 34.

Price of Paper Pattern, Skirt, Foundation Skirt, or Bodice, each 6½*d., post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

ORANGE AND LEMON MARMALADE.

Take 12 oranges (Seville) and 3 lemons and boil them, whole, for two hours, in soft water with a large tablespoonful of salt in it, boiling quickly for the first half hour, and then slowly so that the skins do not break. Then boil them another two hours, this time in fresh spring water. When tender, drain them and let the rinds cool. Keep the last water they were boiled in for making the syrup. Cut the fruit in two, remove the pulp and the stringy skins, and rub through a hair sieve, using a wooden spoon for this process. Pound the rinds in a mortar or a wooden bowl. Then allow to each pound of rind and pulp 2lbs of sugar and 1 pint of the water the fruit was boiled in, stirring it over the fire till the sugar is dissolved. Cover the pan till the syrup is nearly boiling, watching it carefully. Then draw it to the side of the fire to boil gently, till the scum can be cleard off; then stir in the fruit till well mixed, and boil until it is quite clear.

Orange chip marmalade may be made by this recipe, the skins being cut in strips instead of being pounded.

GRATED ORANGE MARMALADE.

Required: 12 Seville oranges and 3 lemons, and, to each lb of fruit, 1½lbs of sugar and a teacupful of water. Wash and brush the fruit, then wipe it quite dry with a clean cloth. Then grate off all the yellow rinds and tie them in muslin, and boil them for two hours. Then slice the skinless fruit, and squeeze out all the juice and pulp. Put the remainder into the water intended for the syrup, with the sugar, and boil till clear, stirring it frequently. Then strain. Then put into a preserving pan the juice, pulp, syrup, and grated skin, and boil till quite clear. This is a somewhat tiresome recipe, but marmalade made from it has a special flavour peculiar to itself, and I recommend it to anyone who is wise enough to try it.

A USEFUL RECIPE.

Slice Seville oranges very thin, rind and centre, only removing the pips. To each pound of sliced fruit add 1½ pints of water, and let it stand for twenty-four hours. Then boil till all is tender, and weigh it. To each pound of boiled fruit add 1½lbs of sugar, and boil quickly until the syrup jellies, which will be in about 1½ hours.

If jam pots are carefully stored, so that no expense is incurred in that way, marmalade is quite possible by the above recipe for 1½d. to 2½d. per pound, according to fluctuations in the prices of fruit and sugar. LETITIA HOPE.

"Your patterns are so excellent I do not care to use any other."—A.

Health and Beauty.

By MISTRESS ANNE PAGE

All Letters to be addressed to Mistress Anne Page, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

A Typist.—You can keep your hands in perfect condition, and the finger-joints quite supple, by rubbing well into them, when you wash them after your day's work is done at night, and before you go to it in the mornings, a few drops of Beetham's Larola, which is sold in bottles at 1s. each by all chemists.

Freda.—If your spreading nostrils really worry you and spoil your appearance, get a Nose Machine from Mr. M. Lees Ray, 10E, Central Chambers, Liverpool, and wear this every night while you sleep. It is a simple, but quite scientific little apparatus for the purpose, and it will by degrees get your nose into the classic shape you desire it to be.

Joyce.—You can make yourself quite slender by taking a course of the little capsules called Dr. Ritter's Specific for Obesity, and you should at once send 2s. 6d. for a case of these to Dr. O. E. Horn, D.Sc., 4, Bryanston Road, Talbot Park, Bournemouth.

Miss R.—I have submitted the sample of your very fine hair to a most careful microscopic examination, and I see that your scalp is suffering from a form of dry seborrhœa that has caused considerable malnutrition, and this is why there is such a sad breaking up of colour. Now in the first place you should give up salt; you may find this rather difficult, but after a little time you will dislike this condiment just in the same way that so many people dislike sugar in their tea. You should not eat anything salted, such as bacon, ham, bloaters, kippers, haddock, crab, lobster, shrimps, cockles, or muscles, nor drink any ale, but with these exceptions you should live well, and take plenty of new milk as your principal beverage. Shampoo your head thoroughly now, rubbing into it the yolk of an egg beaten up with 1oz of tincture of quillaia saponaria, and then slowly beaten into a quart of hot rain-water in which you have dissolved a tablespoonful of borax. Rinse thoroughly and dry rapidly. Mr. Mason, 25, Bank Plain, Norwich, can supply you with the tincture. Then on alternate nights during the next three months rub into the skin of partings made in all directions on your head some of the above Mr. Mason's Petrolate of Sulphur (2s. 6d.) on one night, and of his Jaborandi Hair Tonic (3s. 6d.) the other, and keep on rubbing until the skin is quite pink. Never miss a night and you will get a splendid result by the end of the period stated, especially if you take after each of your meals, daily, one of the same Mr. Mason's Haemoglobin Perles, of which he will send you a case for 2s. 9d. I have known hair much greyer than yours to become quite a rich, natural colour in consequence of the above simple treatment being steadily pursued.

Rhoda.—To arrest the greyness in your hair, as well as to cure your scalp of that irritating scurf, you cannot do better than follow the advice I have given to "Miss R."

Milliner's Show-Girl.—I quite know all about it! Of course your complexion must appear faultless for you to show off the hats to advantage when you are asked to try them on, but as you cannot always look well and bright, you have to put on a little powder. Now one that will not tell tales, and that you can put on in a second between serving each client, if you wish to do so, is Thompson's Compressed Face Powder, a tablet in a little box that you can carry in your pocket without risk of spilling, and that, complete with its puff that does not scatter, is sent for 1s. by Mr. M. F. Thompson, The H. Chemist, 17, Gordon Street, Glasgow.

Queenie.—Perspiration in the hands is a sign of weakness, and you should take every means to strengthen yourself; have a full bath every morning in tepid water in which you have dissolved a little lump of carbonate of ammonia, as this will invigorate you; practise deep-breathing exercises in the fresh air; have your bedroom well ventilated night and day; drink milk that has been boiled instead of tea or coffee, and the last thing at night have a breakfastcupful of Neaves' Food made with milk, as this will help you to sleep more soundly than you say you do now. Wash your hands, as often as necessary in the daytime, with quite hot water, then bathe them in cold water in which you have previously dissolved some powdered alum, dry them as far as you can with a soft towel, and then rub into them a little of Mason's new antiseptic Niphetos Toilet Powder (1s. 2d. from Mr. Mason, 25, Bank Plain, Norwich), and you will soon cure this disagreeable trouble.

Blanche.—The excessive paleness in your skin is due to anæmia, and it is no wonder that you always feel done up after the least exertion. You must first follow the rules of health that I have advised in the case of "Queenie," and, in order to increase the number of red corpuscles in your blood, you should take a course of Dr. Rukinoff's Blood Producer (3s. 6d. and 10s. 6d. from Mdlle. Rubinstein, Dept. M.J., Maison de Beauté Valaze, 24, Grafton Street, Mayfair, W.), and in a short time you will look much more healthy and feel more buoyant. Your case is by no means incurable, but you must spend as much time as you possibly can in the fresh air, and breathe deeply while out in it.

Mollie.—A teaspoonful of Eno's Fruit Salt (all chemists sell this) in half a tumbler of cold water the first thing in the morning will be better in your case than tea, for it will prevent constipation which is so provocative of ill health in anybody, but doubly injurious when there is the painful trouble from which you suffer. With regard to this you should, night and morning, bathe the part with hot water, and follow this with five minutes' sponging with some of the following lotion added to an equal part of cold water; this will give you great relief:—Rj. Suphate of Zinc, 1 drachm; Sulphate of Alum, 2 drachms; Compond Tincture of Lavender, ½ ounce (fl.); Rose Water, 12 ounces (fl.). Mix, and use as directed.

Ethel.—Full particulars concerning the Diano treatment for harmlessly developing the neck and bust will be sent you gratis and post free if you will write for them to Lady Manager N.M., Espanola Medicine Co. (Dept. 190), 205, Regent Street, London, W. There will be nothing in the form of advertisement on the envelope in which this information is sent.

Georgiana.—The yellowness of your skin and eyeballs tells of liver trouble, and you must take as much out-door exercise as you can, and walk at least four miles every day, breathing deeply all the time you are out. Do not eat pastry, cakes, rich, sweet, or highly seasoned foods, nor indulge in anything in the nature of alcoholic beverage; avoid coffee, and do not take milk or sugar in your tea, but have this in Russian fashion with a slice of fresh lemon in it. Take a course of Whelpton's Vegetable Purifying Pills (sold by all chemists), have a daily bath in water softened with Zobeide Parma Violet Water Softener (1s. 6d. a case from Mrs. Maine, 10, St. Mildred's Road, Lee, London, S.E.), and bathe your face once or twice a day with Beetham's Larola, a skin-whitening milk that is sold in shilling bottles by all chemists.

Lilias.—Antipon is most pleasant to take, and it will reduce your stout figure to slenderness without in the least injuring your general health, indeed you will feel stronger and more buoyant each week that you continue to take it. I believe it is sold by all chemists, but if you have any difficulty in getting it send 2s. 6d. or 4s. 6d. to The Antipon Company, 13, Olmar Street, London, S.E., for a sample bottle, which they will forward to you in a plain wrapper, and they will, if you ask them, tell you who is the nearest agent for their speciality in your neighbourhood.

Hilary.—(1) One of the best remedies for wrinkles as well as for roughness or redness in the face is Mason's Crême Suprême, a delightful toilet cream and skin food that is sold for 2s. 9d. by Mr. Mason, 25, Bank Plain, Norwich. (2) As you suffer so much from neuralgia, especially after you wash your hair, I advise you to give up shampooing this during the winter, and to keep the scalp healthy and the hair clean and bright by rubbing into partings made in every direction on your head, once a week, some of the College Hair Wash which the above Mr. Mason makes and sends post free for 2s. 6d., and then brushing your hair from root-end to tip with a perfectly clean hair-brush for ten minutes. Your hair will grow longer and thicker if you adopt this course, and greyness will be prevented.

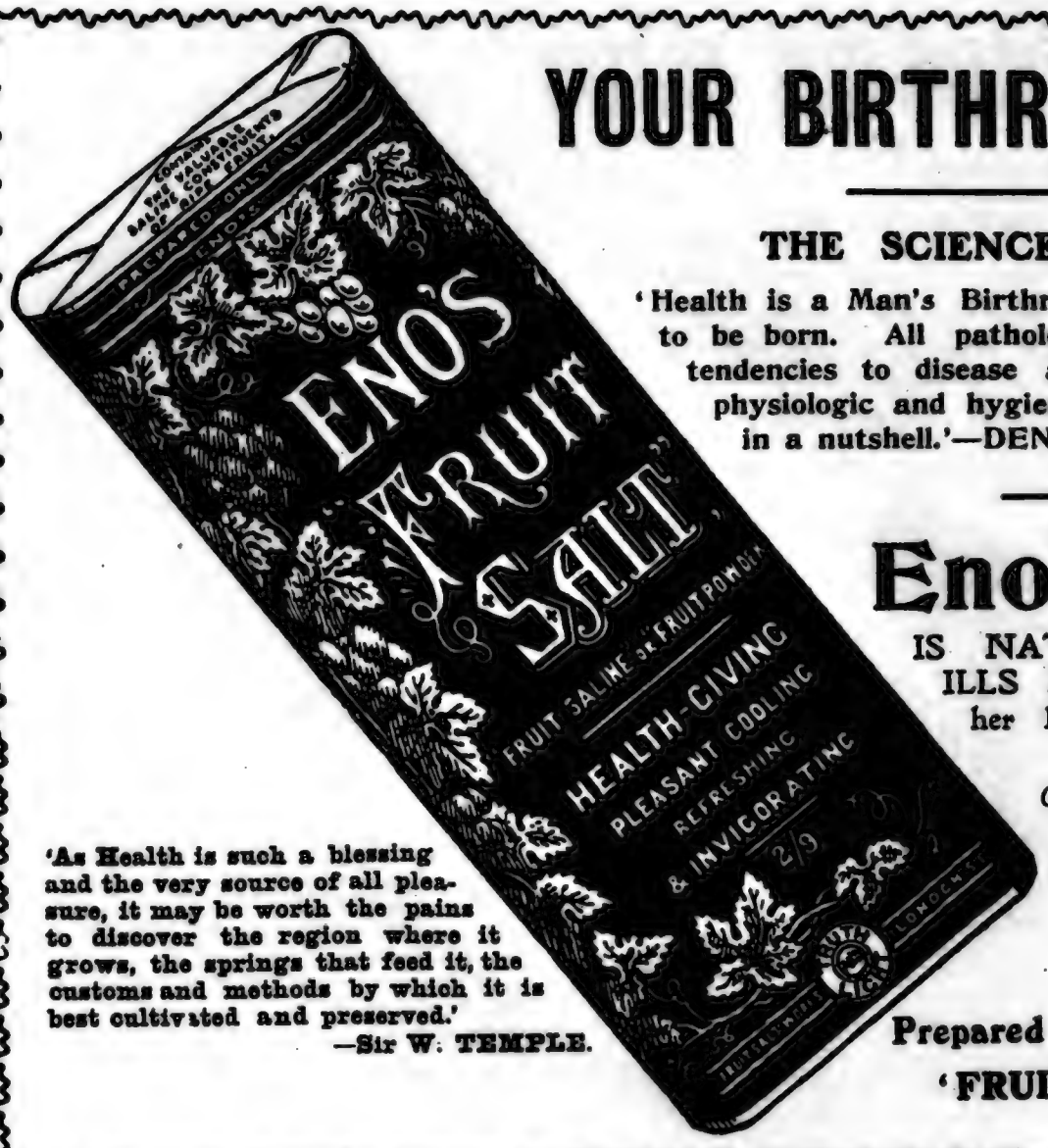
Silver-Ring.—The safest hair-dye that you can successfully use yourself is Jappo, a harmless and reliable one-liquid hair-stain sold by The Teinture Syndicate, 285, Regent Street, London, W., for 2s. 2d. Please explain to the Lady Manager when you send your remittance for a bottle of this what colour you want to recover in your hair, as it is made for twelve different shades, from the very lightest to quite dark.

Miss T. L. S.—As illness has left you so very thin, I advise you to get from Dr. O. E. Horn, D.Sc., 4, Bryanston Road, Talbot Park, Bournemouth, a supply of his "Carnoform, the Flesh Maker" (2s. 9d. per case), and to take this in the way that Dr. Horne will advise you. It will build up your tissues in a marvellous manner, and strengthen you at the same time. It is a nerve and tissue food, pleasant to take; it aids all other foods to digest easily, and to become assimilated for the proper nourishment of the body.

Sara of Surbiton.—Oh, yes, I know how hard your tap water is, and how ruinous to the complexion and hair by reason of the excess of chalk it contains. But you can take all that hardness away, and make it quite beneficial and cleansing for all toilet purposes, by adding to it some of the Zobeide Lavender Water Softener that is sold for 1s. 6d. a case by Mrs. Maine, 10, St. Mildred's Road, Lee, London, S.E. She has a Zobeide Violet Water Softener at the same price, equally good, and this gives the skin an odour of Parma violets that is most dainty and delicate.

Marie.—That irritation and dryness in your skin are due to a tendency to eczema in your system; you can cure the skin by treating it nightly with Mason's Cream of Sulphur (2s. 9d. from Mr. Mason, 25, Bank Plain, Norwich), and lessen your liability to the complaint by giving up all salted foods, shell-fish, and everything in the nature of alcoholic beverage, especially ale.

"Your journal is indeed a great help to me. . . . I have to rely on a good book."—Miss D. B. (Newcastle-on-Tyne).



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—Sir W. TEMPLE.

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I will forward a copy of my book, No. 20, in plain wrapper, giving full particulars of this treatment, to all sufferers from this dread scourge of superfluous Hair. **It is free to you** for the mere trouble of asking for it.

Permanent Cure Guaranteed. All Letters Strictly Confidential.

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Their Power explained and illustrated in a book which is sent Free.

Thin and plain women may become beautiful by a scientific home method, which quickly enlarges the bust, beautifies the complexion, fills out hollow and scraggy necks, and develops the figure into one that commands admiration.

There is no reason why every woman should not acquire or regain a perfect figure. For those who lack the natural development of the bust, a remarkable proved home treatment has been devised. It is called DIANO, and is perfectly harmless. **This treatment will positively develop the bust six inches.** It fills out all hollows and flat places, adds grace and beauty to the neck, softens and clears the skin. No matter how plain you may be, DIANO will do the same for you as it has done for thousands of others. DIANO not only beautifies the figure, it improves the health: it makes you feel buoyant and youthful. We want you to know more about what DIANO will do for you; we cannot explain all in this advertisement.

On receipt of a penny stamp to pay postage, we will send a beautiful book, containing photographs and correspondence from ladies who have used this treatment. It is sent in a plain sealed envelope. Why not write at once for it? It is for your benefit.

THE L.F. ESPANOLA MEDICINE CO. (DEPT. 148), 205, RECENT ST., LONDON,

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BLACK (Brocade), WHITE, OR DOVE, *Real* **10/6** *Whalebone.*

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Over 30-inch waist, 4d. per inch extra.

We fit any figure.

Should the Corsets not fit, we exchange, and make a pair with **any** alterations required 1/6 extra. Sent post free on receipt of waist size and P.O. Colonial Orders, 1/6 extra.

Illustrated Booklet Post Free.

R. SCALES & CO.,
Corset Manufacturers,
NEWARK-ON-TRENT, ENGLAND.

Descriptions of the Illustrations.

(*Continued from p. 35.*)

any blouse. The same embroidery and smocking designs can be used for older girls.

Girl's Embroidered Overall.

No. 8108, Page 34. This model shows a very original yoke, embroidered like the cuffs with Ososilkie Brightest Lustre yarn. Full size transfers of the embroidery (complete yoke, two cuffs) can be had from Madame Myra, price 6½d., post free. The pattern, cut for a girl of four to six, is in six pieces—half the front, one back, half the front yoke, half the back yoke, one sleeve, one cuff. Lay the pieces on 2 yards 36-inch linen, which is doubled (selvedges meeting), front centres of front and front yoke patterns laid along the fold so that each is cut in one, the other pieces being cut in duplicate. Tack together front and backs of yoke. Embroider yoke. Try on. Gather the skirt into yoke and hem it. Embroider the cuffs. Bishop sleeve, gathered into the lined cuff, and gathered into the armhole. For the linen, send to Messrs. Robinson and Cleaver, 40B, Donegall Place, Belfast.

Boy's Viyella Tunic Suit.

No. 8109, Page 34. The pattern of the tunic cut for a boy of 2-3 years is in four pieces: half the right pleated front (cut with central box-pleat), half the pleated back, the upper and under of one sleeve. The box-pleats are wheel-marked on the pattern pieces. Lay out the pattern on 1½ yards 31-inch Viyella, which is folded in half, selvedges meeting, the centre of back pattern laid along the fold so that back is cut in one piece, the other portions being cut in duplicate. Of course, the left front is cut without the central box-pleat. Boys' garments generally close on the right, but this rule is not stringent with a baby garment like this. Before cutting, the length of the pattern should be laid on the boy's figure, as, to look well, the tunic should cover the seat of the wee knickers, and young children's figures do vary so in length. Knickers will take another ⅜ yard—making two yards in all. Tack up the pleats of back and fronts. Tack together back and fronts and try on. The pleats can be stitched down to the belt, or they can be secured inside so that the stitching does not show. The left front and lower edge are simply hemmed. The buttonholes are made down the central box-pleat of the right front, which also holds one row of buttons. The hem of the left front holds the second row of buttons. The neck is piped, so that the detachable white linen Eton collar, buttoned on the little shirt, passes over the neck of the blouse. The sleeve is stitched to represent a cuff. It is seamed, and the wrist is hemmed. This very pretty little tunic is very quickly made.

A School Coat-and-Skirt.

No. 8110, Page 36. A five-gore skirt and semi-fitting coat of stone grey tweed for a girl of twelve. Trimmed with broad and narrow braid. For a girl of fourteen, 48-inch tweed, 5 yards.

Girl's Afternoon Coat-and-Skirt.

No. 8111, Page 36. A five-gore skirt and long high-waist coat of blue serge. Collar and cuffs of blue velvet. Coat is single-breasted and is slightly cut away, Bonaparte style. 48-inch serge for a girl of 14, 5½ yards.

Girl's Elegant Bonaparte Costume.

No. 8112, Page 36. 5-gore skirt of face cloth, the edge stitched. The high waist is finished with a black satin sash. Elegant Bonaparte coat, with big revers, double-breasted, with added short fronts. Stitch edge like skirt. Line with silk. 52-inch cloth for a girl of fourteen, 6 yards.

Blouse of Nun's Veiling and Lace.

No. 8113, Page 37. Closes at back. Fronts edged yak lace are filled in with a lace-trimmed tucked vest (tucks wheelmarked on pattern). Lace band collar. Shirt sleeve, with broad lace band and lace cuff. 44-inch material, 2¾ yards. Fronts and back are tucked on shoulder (tucks wheel-marked on pattern)

No. 8115.—A Spring Coat and Skirt.
For Description see pages 31 to 34.
Price of Paper Patterns, Skirt or Coat, each 6½d. post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

A Net Dance Frock.

No. 8114, Page 37. Full skirt decorated with lace, worn over a clinging satin foundation skirt. Cut a bodice lining in white satin to close at back. Decorate front with tucked net plastron, edged lace, net sides and back. Net tight sleeve, unlined, tucked to flat pattern. 45-inch net, 8 yards.

A Spring Coat and Skirt.

No. 8115, Page 40. Seven-gore skirt is of cloth, fitted above, fuller below the knees. Wear over a fitted five-gore foundation skirt. Close in left tablier seam. Invisible French hem which is lined with lino. Smart coat—two backs, two single-breasted fronts, four sides. The fronts are faced with the cloth which shows in the lapels. Collar is cut in one with the coat backs and fronts—a very elegant model. Face collar with cloth. Coat closes with flat buttons and button-holes made in left front. The back basque develops into pleats. Added waistcoat fronts of broché, which can be omitted. Line coat with glacé, cut on coat pattern, but seamed apart, the edges slipstitched to coat edges and facings. The two-piece sleeve, with a similar lining, is decorated with smaller buttons. 52-inch cloth, 7 yards.

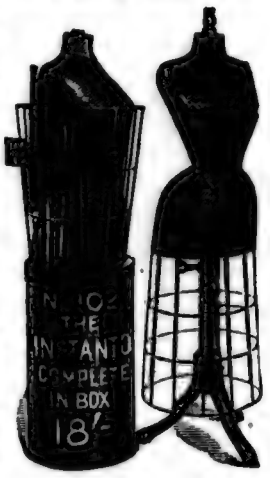
Details of Dress for a Bridal Trousseau.

Nos. 8116 to 8122, Page 42. These show pretty and useful articles which should be included in every trousseau. The black lace kimona over-blouse on the left (top corner) is useful to decorate a plain white muslin or silk blouse. It is trimmed with black velvet. Below it, on the right, is a lace bridge coat, trimmed with heavier lace. An arrangement for a satin or silk sash is given, ready to put on any dress. The white piqué waistcoat is a useful model to tack into summer coats. Suggestions are given for a lace collar (with plastron) to fill in low-cut blouses, and a broad lace band collar decorated with ribbon. The favourite velvet tie is illustrated, which girls can cheaply carry out for themselves with narrow velvet ribbon in all colours.

Madame Myra, 10 and 11, Fetter Lane, E.C., will cut to measure the pattern of any dress or mantle illustration sent to her from 1s. 6½d. (plain skirt or bodice, or short coat). Pleated or tucked styles cost according to complications.

THE INDISPENSABLE DRESS STAND.

February gives us a little breathing time; our winter clothes are complete, and will in most cases receive but trifling additions for the rest of the cold weather; on the other hand, unless a bridal trousseau is in contemplation, or the garments required for a long sojourn abroad, on the whole little is done in early February towards the spring outfit. This is the time, then, when we have leisure to re-stock the workroom, to replace what is out-of-date, to purchase what is missing.



The marked change in the styles—the exceeding "slimness" of figure so necessary to-day—makes the question of correct dress-stands a very important one for the dress-maker who can boast a good *clientèle*.

What stand ought we to get? I strongly recommend the "Instanto" (illustrated on

SMALL and SAFE INVESTMENTS

IN CONTINENTAL SECURITIES.

SEND FOR PARTICULARS (1d. Postcard).

CUNLIFFE, RUSSELL & Co.,
10 and 12, Place de la Bourse, PARIS.

"The dress you have suggested is just exactly what I wanted."—L. O'S.

page 40), made by that clever firm John Clarke and Co., 3, Tottenham Street, Tottenham Court Road, W. This stand can be had complete from 18s., in a card box. A higher grade "Instanto," in a wooden box, costs 28s. However, the cheaper price in no way means inferior shape and fit. The "Instanto" Dress Stand is a truly wonderful bargain for something under a sovereign.

If, in writing for the catalogue, our readers will mention MYRA'S JOURNAL, they will get a special discount even off this small price. The padded bust of the "Instanto" Dress Stand is actually modelled expressly to the purchaser's own measurements by Clarke's Plestic Process for only 9s. 6d. extra. This is a great boon. According to preference, all Clarke's dress-stands can be had with straight, natural, or ordinary front.

There is another advantage in Clarke's Dress Stands. The seams of the cloth, covering the padded bust, follow the lines of best tailor cut, and will enable an amateur dressmaker to avoid spoiling the lines of her bodice pieces as she alters them to fit the stand which has been modelled to her own measurements.

Messrs. Clarke and Co.'s illustrated price list should be studied. It gives exhaustive descriptions, illustrations and patterns of covering cloths to be had in their wide range of dress stands.

INVALUABLE TO STOUT PERSONS.

First and foremost, avoid every method of reducing weight which sanctions partial starvation, mineral drugs, and other abuses tending to *weaken* you into loss of flesh. They are dangerous and never satisfactory. To enfeeble the constitution is not the way to cure a disease (and obesity *is* a disease) but to invite others. The distressing tendency to get very fat, even while eating quite moderately, means that both health and beauty are at stake, and the one great reliable and harmless remedy is Antipon, because it does really *permanently* root out that unnatural tendency, whilst rapidly getting rid of the disfiguring and unhealthy masses of superfluous fat. Antipon, the great standard remedy for obesity, is a pleasant home treatment. It entails no discomfort of any kind. Antipon can be taken at any hour: the well-known flask is to be found on toilet-tables everywhere; or the régime may be followed in still stricter privacy. Antipon takes off within a day and a night of first dose something between 8oz and 3lb (according to degree of stoutness). When normal weight and correct proportions are quite restored, the doses may cease without anxiety for the future. Antipon gives tone to the digestive system, and creates a wonderfully good appetite, which should be satisfied with thoroughly wholesome food. Vigour and health are as desirable as beauty of form, and all of them result from the pleasant, simple, and harmless Antipon treatment.

Antipon contains no minerals. It is sold in bottles, price 2s. 6d. and 4s. 6d., by Chemists, Stores, &c.: or in case of difficulty, may be obtained (on sending remittance), carriage paid, in private package, from the Antipon Company, 13, Olmar Street, London, S.E.

Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

By MISTRESS ANNE PAGE.

HOW TO BREATHE.

AT first sight of the title of this article some of our readers may say that everyone knows how to breathe, and, to a certain extent, this is true, for the first thing we naturally do when we come into this world is to take a breath, and then we cry as if we were quite sorry for ourselves.

But, as our well-beloved actress, Ellen Terry, tells us in the charming story of her life which has just been published, it is very important to learn, and always to remember how to breathe properly, and how to conserve and control the breath; and this is true not only in the case of the actor and singer of both sexes, but of everyone who wishes to be healthy, strong, graceful, and active.

In the first place, and this by no means comes naturally to the majority of us, the breath should always be inhaled through the nose, and this is doubly essential in the cases of children and girls who have any weakness in throat or chest. The breath of air taken through the nostrils becomes warmed as it travels on to the bronchial tubes and the air-cells of the lungs, and in passing over the minute hairs in the nasal ducts it leaves on them any impurities collected in the atmosphere. To prove how much pollution is in this way saved from entering into the lungs one has only to clean out one's nostrils with a fine pocket handkerchief on the return home from a day in town, and the result will be astonishing to those who have never made this simple experiment.

Until the habit of breathing properly becomes second nature every girl from the age of six or seven years and upwards should be taught to make a practice of standing as uprightly as possible near her widely opened window the first thing when she gets out of bed in the morning; her shoulders should be held well back, her head up, with the mouth lightly closed, and the chin in, and then she should inhale, as slowly and noiselessly as she can, a long deep breath through her nose. She should hold this for a moment or two, then, through slightly parted lips, she should quite as deliberately exhale it. This inhaling and exhaling should be repeated six to eight times, and the exercise should be done again frequently during the daily walk which is also so essential to the maintenance of good health.

The girl who learns to breathe always in this way will grow more graceful in her bearing; her bust will be properly developed, firm, but not over-full; her throat and lungs will become strong, and she will not be so subject to "colds" and other ailments as are those who do not make full use of their lungs. Moreover, by increasing her lung capacity she will more throughly oxidise her blood, and so will have a clearer complexion, her eyes will be brighter, her whole body will become straighter, and she will look taller and more slender, while she will forget the meaning of the word "nerves," because hers will gather or recover their tone when she has learnt "how to breathe" in the full meaning of the phrase.

PRIZE COMPETITION

To provide our readers with interesting and original recipes for Cooking and Hints for the Household, we are offering:—

FOUR PRIZES, 2s. 6d. each, for the Four Best Cooking Recipes, and

FOUR PRIZES, 2s. 6d. each, for the Four Best Household Hints.

Competitors must send in their Recipes and Hints on or before Feb. 15, addressed to "Mrs. Hope, Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

COOKING RECIPES.
FEBRUARY, 1909.

HOUSEHOLD HINTS.
FEBRUARY, 1909.

CUTLERY
Manufacturers' catalogue free. A complete selection of Sheffield Cutlery and Plate, and goods for Presents—a valuable guide to the Sheffield Cutlery industries, which connects the buyer with the Factory. Our Great Speciality: The 'Enterprise' Parcel, 51 pieces genuine Sheffield Table Cutlery for 25/- Ask for Catalogue H You save enormously.
J. G. GRAVES, Ltd., SHEFFIELD

THE ANTIQUARIAN'S FRIEND. **ASTRAL** (REGD.) FURNITURE POLISH.
THE QUEEN says:—"This preparation is new as regards its appearance on the market, but old in point of years, for it is backed by the approval of several generations of furniture lovers, being an ancient and well-tried family recipe. 'ASTRAL' cleanses as well as polishes, producing a soft lustrous surface, and also preserves the wood to which it is applied." In Tubes, 6d. and 1/-; 1/- orders free by post.
PINK LABEL—For Mahogany, Dark Oak, etc. WHITE LABEL—For Satinwood and all Light Coloured Woods.
From all Grocers, Stores, &c., or from THIBAUT et CIE., SUTTON COURTENAY, BERKS.
WHOLESALE AGENTS—GIDSON, MILLER & CO., WATERGATE HOUSE, W.C.
TRY "ASTRAL" BOOT POLISHES—THEY ARE PURE AND RELIABLE

When ordering Articles Advertised, Please mention "Myra's Journal."

A HEALTHY COMPLEXION
Can only be secured by a healthy state of body.
Indigestion, Anæmia, Liver Troubles cause ugly blotches and pimples.
WHELPTON'S VEGETABLE PURIFYING PILLS
Stimulate the digestive organs, rouse the liver, purify the blood, and give renewed vigour, bringing the colour of health and a clear complexion.
See that you get WHELPTON'S, and do not accept anything "just as good."
8256

SUPERFLUOUS HAIR.

"DEPILLOS" (Registered).
MARVELLOUS SUCCESS.
We have an absolute and permanent cure, entirely free from anything hurtful or injurious to the most delicate skin, never failing to entirely eradicate the strongest growth, destroying the roots so completely that the annoyance WILL NEVER RE-APPEAR; and to prove the correctness of the above statement, we will send, absolutely FREE, securely packed and free from observation, with MEDICAL CERTIFICATE and testimonials, a sample to all who enclose two penny stamps. Address—

Manageress, TAYLOR & CO.
(Dept. 26), 149, FLEET STREET, LONDON, E.C.
(Proprietors: WM. JAMESON, LTD.)

Correspondence.

RULES.

1. To be answered on this page in the next number, letters must reach us not later than the 1st of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be ensured unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered in this page. Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Japonica.—(1) The divided Directoire underdress is chiefly used for dancing, beneath the Directoire dance frocks. A model is illustrated at No. 8101, page 28. (2) A good trousseau should have two under-dresses at least, one like No. 8099, and a divided one like No. 8101. (3) Pale pink and white embroidery looks well on pale blue. Try the lovely P. L. Odin Floss (send to P. Lindhorst's, Department 8, 21, Newgate Street, E.C.). (4) On underwear coloured embroidery is not good style. It should be white, even on silk. It is as well to tone the embroidery to the pale cream of the silk. (5) Copy the corselet skirt No. 8063. The chrysanthemum embroidery can be adapted from the transfers prepared for the Empire bolero.

Daffodil.—(1) You will find the style of coat you want at No. 8115. It would go very well with our Free Skirt Pattern as given or lengthened. The smart Free Spencer Pattern is a great novelty. The Spencer will play a large part in spring styles. (2) Copy the lovely moiré coat, No. 8090. It will make up excellently in your striped velvet.

(Owing to pressure of space many Answers have been crowded out, and have been answered by post.)

GRAPHOLOGY.

(Continued from page 30.)

Laurie.—Caution, carefulness, and intuition are all clearly revealed in this writing, but the natural self-reliance is simply "swamped" by a cloud of depression. You are honourable and shrewd and active, but all these good qualities will never avail you one iota till you *do* grasp the right thing, and that is that the world is but a reflection of one's own temperament and individuality, and so long as you allow yourself to feel dissatisfied and disappointed the world will prove so to you. Why not cheer up? Make up your mind to see the brighter side of life, and you assuredly will. Remember the old Spanish proverb, "Crosses are ladders to heaven." Try to look upon your disappointments in that light, and they will then become "stepping stones" to higher things. You are frank and outspoken, but the disposition is at present somewhat soured and self-centred. The signature shows grace of feeling, refinement, and good taste, and loyalty to those you love.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Poultry Keeping or Governessing (Effie S.).—Let me tell you at once that the day of the governess of mediocre accomplishments is practically dead, and from what you say of your opportunities of education I do not think you would stand a chance. Even if you *did* succeed in obtaining a post it could only be at a most inadequate salary. I do not wish to discourage you. I am cruel only to be kind, for I do think it would be ten thousand pities if you were to attempt to enter such a crowded market as that of the daily governess. With your country bringing-up, tastes and knowledge I would certainly advise poultry-keeping in preference. You are accustomed to country life so the early rising, &c., would not be the hardship to you it is to the town-bred girl unaccustomed to it. There are various branches of the work such as egg production, table poultry, fattening, the sale of eggs for sitting, poultry for exhibition, sale of newly-hatched chicks and birds for stock, &c. Land there must be in plenty if you mean to make the venture pay. The supply of pure-bred stock is a profitable and interesting branch. Of course, you must learn poultry-keeping as a business, and for this reason I advise you to get practical training. It may take you three, six, or twelve months. Miss N. Edwards, Coaley Poultry Farm, Coaley, near Darsley, Gloucestershire, takes pupils. Terms thirty guineas for three months inclusive. I advise you to write to her.

Pension for a Poor Lady (Mrs. S.).—I quite agree with you that we ought to devote our best efforts to helping the poor of our own class, even if their poverty is less picturesque than rags and dirt, and if we must accept a different form of gratitude for our efforts. I suppose you know the United Kingdom Beneficent Association, 7, Arundel Street, Strand, W.C., which helps the upper and middle classes in reduced circumstances. There is also the National Benevolent Institution, 65, Southampton Row, W.C., which grants pensions on election to persons over sixty belonging to the upper or middle classes. There is also Overman's Charity, which grants pensions to widows or single women who belong to the Church of England. The secretary is J. Wrench Towse, Esq., Fishmongers' Hall, E.C. Cole's (Charlotte) Charity grants pensions to distressed governesses and gentlewomen. Trustee, Pryce Williams, 59, Redland Road, Bristol. Other funds that grant pensions are Thomas Pargeter's of Foxcote Charity, which grants annuities of £20 per annum to single women (in case of sisters, £16), fifty-five years of age and upwards. These annuities are granted to gentlewomen by birth who have made unavailing efforts to support themselves. Secretary, Charles Harding, 32, Waterloo Street, Birmingham. One of these may be able to help you, but naturally the claims upon them are numerous.

Note.—*The Editor regrets that owing to the sudden illness of Miss W. Jones the bulk of the Correspondence on this subject has to be held over for our next number.*

Nos. 8116 & 8117 Nos. 8118 & 8119

No. 8120 No. 8121 No. 8122

CHARMING DETAILS OF DRESS FOR A BRIDAL TROUSSEAU.

For Descriptions see pages 31 to 34.

Price of Paper Patterns, Coat and Overblouse, each 6½d.; Collar or Vest, each 3½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

COOKERY AND HOUSEHOLD MANAGEMENT.

Letters to be addressed to Mrs. Hope, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

A Dainty Dish.—I give you a recipe which, I hope, is what you want. Put slices of cold cooked new potatoes into a deep pie dish, in a thin layer. Scatter over this some very finely chopped onion and ham, and then a layer of sliced tomato. Fill up the dish with layers in this way, finishing with a layer of tomato. Fry a teacupful of bread crumbs in an ounce of butter, and press these smoothly over the top. Bake for three-quarters of an hour. This answers, I hope, to your description of "potatoes and tomatoes and other things"!—Aylesbury.

Welsh Rabbit.—It does not matter what kind of cheese you use, but it must be very dry, and very thinly sliced. Put it into a stew pan, add a little butter, a dessert-spoonful of ale, and as much new milk. Flavour with mustard and pepper, and stir till all is thoroughly melted. Pour over hot buttered toast and serve at once.—Pat-a-Cake.

How to Serve Oysters.—I suppose you mean how are they served as a hors d'œuvres? You say, "Can I put them on the table before people are in the dining room?" Why certainly. That is the usual way. Have three or four for each guest, in their shells (opened of course), on small plates. A plate at each place and coralline pepper, quarters of lemon, and thin slices of brown bread and butter with them. No, do *not* cook them.—"C. E. L. F."

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
FEBRUARY, 1909.

DRESS AND HAIRDRESSING.
FEBRUARY, 1909.

HEALTH AND BEAUTY.
FEBRUARY, 1909.

GRAPHOLOGY.
FEBRUARY, 1909.

ETIQUETTE.
FEBRUARY, 1909.

COOKERY & HOUSE MANAGEMENT.
FEBRUARY, 1909.

"Myra's Journal is the best fashion book one can buy and the Free Patterns are lovely."—M. Y. A.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, *10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, February, 1909.

DRESS AND MILLINERY.

NAVY, BROWN, GREEN COSTUMES, BLACK SILK SKIRTS.—Violet, 71, Oakfield Road, Anerley.

COLONIAL READERS.—MILLINERY, BLOUSES, BOUGHT AND FORWARDED. References.—57, Sydenham Road, Sydenham.

MILLINERY, BLOUSES, SKIRTS, made or renovated; stylish; moderate.—57, Sydenham Road, Sydenham.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

DRESSES FOR FANCY DRESS BALLS. Special designs at moderate charges.—Nora Davison, 182, Marylebone Road, N.W.

NAVY BLUE COSTUMES.—23-35, 38s., lined; nearly new, 12s. 6d. M3742

PARCEL UNDERCLOTHES; APRONS, 5s.; new cream BLOUSE, 4s.—Holly Cottage, Solway Hill, Woodford.

MILLINERY.—Fur hats made from old furs.—Miss A. Blanch, 299, King's Road, Chelsea.

ROYAL NAVY SERGE, direct from Portsmouth, as supplied to the Royal Navy; most satisfactory for ladies costumes and hard wear; navy, cream, and black only, 1s. 6½d., 1s. 11½d. yard; patterns free.—Smith, Warehouseman, 128A, Albert Road, Portsmouth.

SKIRTS, Navy or Black, to measure, 5s. 6d.—Pinchback, 53, Guildford Road, Greenwich.

LADIES' SEVEN-GORE SKIRTS, navy or black, any size, 6s. 6d., postage 6d.—Gooch, 71, Hewitt Avenue, Wood Green.

NEEDLEWORK, DRESSMAKERS, &c.

DRESSMAKER, daily. Town, country, ladies' houses. Cut, fit, renovations.—Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

DRESSMAKER, daily, at ladies' residences. Renovations; evening dresses; alterations. Blouses specialty.—Miss Goddard, 35, May Street, West Kensington.

HOME DRESSCUTTING AND MAKING TAUGHT; experienced teacher; practical dressmaker. Tailors' or Guerre system.—D., 120, Seymour Road, Harringay

DRESS CUTTING AND MAKING TUITION, Scientific and Tailors' System.—Madame Goodwin, 95, Oxford Road, Lowestoft.

Millicent Wright, 45, Artesian Road, Westbourne Grove, W., LADIES' MATERIALS. Terms moderate.

DRESSMAKER, daily: dresses, blouses, mantles, renovations.—Bates, 57, Ranelagh Road, South Belgravia, S.W.

Madame Beatrice, Smart DRESSMAKER, can make from pattern bodice. Moderate charges. Ladies' materials.—58, Burlington Road, Bayswater.

Madame Léonie, PARISIENNE DRESSMAKER, 120, Talbot Road, Bayswater. Ladies' materials. Charges moderate.

DRESSMAKER, terms 2s. daily.—Jessie Andrews, 42, Alma Square, St. John's Wood.

FANCY WORK of all kinds, including Gent's Ties (crocheted), also plain needlework.—Miss Eve, 94, Coningham Road, Shepherd's Bush.

ART NEEDLEWORK. Private lessons given (10s. 6d. a term, 1s. 6d. single lessons). Ladies' work commenced for example, or completed. Moderate charges.—Miss Shields, 11, St. Marks Crescent, Regent's Park, N.W.

DRESSMAKER.—Perfect fit from pattern bodice (late of Regent Street, London).—Madame Johns, Downside, East Cliff, Herne Bay.

DRESSMAKER, Daily or at home.—Miss Vinter, 13, Osborne Villas, Hove.

SKIRTS AND BLOUSES for sale.—Fillicette, 18, Barrowhill Road, St. John's Wood.

EXPERIENCED DRESSMAKER, at home or at ladies' houses.—Mrs. England, 440, Edgware Road, W.

Joan Comerford, DRESSMAKER. Perfect fit; terms moderate.—220, Dalling Road, Shepherd's Bush.

DRESSMAKER AND COSTUMIER, daily or at home; moderate.—Miss Sherwood, 21, Tormount Road, Plumstead.

Madame White. ARTISTIC BLOUSES, DAY and EVENING GOWNS, renovations, good fit.—299, King's Road, Chelsea, S.W.

DRESSMAKER, daily, or home. Experienced. Renovations.—36, Ambler Road, Finsbury Park.

ART NEEDLEWORK TAUGHT, 10s. 6d. quarter, 1s. 6d. lesson.—25, Mysore Road, Lavender Hill, Clapham.

JEWELLERY.

Handsome gold-mounted AMETHYST NECKLACE, £6 10s., cost over double; other articles equally cheap.—Williams, 69 Ringmer Avenue Fulham.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

COOKERY BOOKS.—Six Recipes, approved by Letitia Hope, in M.S. Book with detachable, washable, embroidered linen cover. Work recommended by Blanche Fitzmaurice. Price 5s. Linen Envelopes for stray recipes, 3s.; Special Recipes, 1s. extra. "Mrs. Glasse," c/o Miss Sterling, 14, Bartholomew Road, Kentish Town, London, N.W. Cash with order.

MUSIC neatly and strongly bound in limp covers, 9d. to 1s. M3731

EXCHANGE POSTCARDS. Exterior English churches only wanted.—Brooks, 6, Norwich Street, Cambridge.

MISCELLANEOUS.

Cièste.—Experienced READER BY PHOTO; 6d. envelope.—2, Legg Street, Chelmsford, Essex.

COACHING (personal correspondence) given in fashion journalism, article writing, business correspondence, composition. M3737

HOME-MADE CAKES—iced or plain. Marzipan sweets; peppermint creams. Particulars sent. M3740

For Sale, suitable presents, lovely PARCELS FANCY WORK, 3s.; finished or unfinished.—A. Rees, Holly Cottage, Solway Hill, Woodford.

CORSETS (French or English) made to order; neatly repaired. Ladies supporting belts. Moderate charges.—Corsetiere, 168, Church Street, Kensington, W.

LADIES' COMBINGS mounted into tails, 1s. per oz.; puffs, frames, fringes, &c.—Miss Rose, 2, Blackburn Road, Hampstead.

"Alizon" gives DELINEATIONS daily by appointment. Astral colours, gems, &c. At Homes, &c., attended.—Care of Dily's, 8, Upper Baker Street, N.W.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. FEBRUARY, 1909.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

L. C. Andrews, 28, Kelvin Road, Highbury, N
Miss J. Andrews, 42, Alma Square, St. John's Wood, N.W.
Miss E. Baker, 4, Chapel Street, Forest Gate, Essex
Miss Bates, 57, Ranelagh Road, South Belgravia, S.W.
Miss Coward, 82, Camden Road, N.W.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Miss Gavey, 36, Ambler Road, Finsbury Park, N.
Miss Gregory, 52, Wiltshire Road, Brixton, S.W.
R. Harvey, Oxford House, 329, Goldhawk Road, W.
Mrs. F. Hevey, 13, Heatherly Street, Clapton, N.E.
Mrs. James, 106, Southlands Road, Bromley, Kent.
Miss Lenton, 1, Clarendon Place, Notting Hill, W.
Miss Norman, 2, Pownall Road, Fulham, S.W.
Miss A. Smith, 62, Wellesley Road, Leytonstone, Essex.
Miss Smith, 3, Pakeman Street, Holloway, N.
Miss A. Welstead, 46, Charteris Road, Kilburn, N.
Miss E. Willson, 77, Cloncurry St., Fulham Palace Rd., Fulham, S.W.
Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 85, Westbourne Park Villas, Bayswater, W.
L. C. Andrews, 28, Kelvin Road, Highbury, N.
Miss Burnett, 7, Windsor Road, Holloway, N.
Miss Clinch, 18, Barrow Hill Road, St. John's Wood, N.W.
Miss Joan J. Comerford, 220, Dalling Road, Shepherd's Bush, W.
M. Davies, 19, Jedburgh Street, North Side, Clapham Common, S.W.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Madame Goodwin, 96, Oxford Road, Lowestoft.
C. Hauxwell, 16, Portland Gardens, Harringay, N.
Miss E. Haward, 48, Danvers Street, Chelsea, S.W.
Madame Léonie, 120, Talbot Road, Bayswater, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Mrs. Murray, 99, Westcombe Hill, Blackheath.
Laura Norman, 2, Pownall Road, Fulham, S.W.
E. Rainger, 12, Honiton Road, Brondesbury Road, N.
A. Rees, Holly Cottage, Solway Hill, Woodford.
Nellie Siegfried, 90, Dawes Road, Fulham, S.W.
Miss E. Simeon, 37, Tavistock Road, Westbourne Park, W.
Misses A. and E. Smith, 52, Avenell Road, Highbury, N.
Nina Swancott, 31, Westbourne Park Crescent, Paddington, W.
Miss Theobald, 123, Church Street, Stoke Newington, N.
Miss M. Troubridge, 56, Upham Park Road, Chiswick, W.
M. H. Vinter, 13, Osborne Villas, Hove.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. Bailey, 31, Riley Road, Brighton.
Emilie, 185, Westbourne Grove, W.
Watson Lewis, 17, Edgware Road, Marble Arch, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Miss M. Owen, 2, Legg Street, Chelmsford, Essex.
Miss A. White, 299, King's Road, Chelsea, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square, W.

LADIES' SHIRTS—

Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Petty, 23, Alberta Street, Kennington Park Road, S.E.
Miss Ramage, 25, Mysore Road, Lavender Hill, S.W.

PILLOW LACE MAKER—

Mr. Hy. Armstrong, Stoke Goldington, Newport Pagnell, Bucks.
Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Miss A. Caudell, 6, St. Julian's Road, Kilburn.
Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

FURS RENOVATED—

Miss Annie Blanch, 299, King's Road, Chelsea, S.W.
Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. L. Palmer, 155, Hartfield Road, Wimbledon, S.W.
Mrs. Annie Roadknight, 24, Powis Square, Brighton.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

All Coupons must be received by the 1st of each month preceding date of issue.

Correspondence.

RULES.

1. To be answered on this page in the next number, letters must reach us not later than the 1st of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be ensured unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered in this page. Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

JAPONICA.—(1) The divided Directoire underdress is chiefly used for dancing, beneath the Directoire dance frocks. A model is illustrated at No. 8101, page 28. (2) A good trousseau should have two under-dresses at least, one like No. 8099. and a divided one like No. 8101. (3) Pale pink and white embroidery looks well on pale blue. Try the lovely P. L. Odin Floss (send to P. Lindhorst's, Department 8, 21, Newgate Street, E.C.). (4) On underwear coloured embroidery is not good style. It should be white, even on silk. It is as well to tone the embroidery to the pale cream of the silk. (5) Copy the corselet skirt No. 8063. The chrysanthemum embroidery can be adapted from the transfers prepared for the Empire bolero.

DAFFODIL.—(1) You will find the style of coat you want at No. 8115. It would go very well with our Free Skirt Pattern as given or lengthened. The smart Free Spencer Pattern is a great novelty. The Spencer will play a large part in spring styles. (2) Copy the lovely moiré coat, No. 8090. It will make up excellently in your striped velvet.

(Owing to pressure of space many Answers have been crowded out, and have been answered by post.)

GRAPHOLOGY.

(Continued from page 30.)

LAURIE.—Caution, carefulness, and intuition are all clearly revealed in this writing, but the natural self-reliance is simply "swamped" by a cloud of depression. You are honourable and shrewd and active, but all these good qualities will never avail you one iota till you *do* grasp the right thing, and that is that the world is but a reflection of one's own temperament and individuality, and so long as you allow yourself to feel dissatisfied and disappointed the world will prove so to you. Why not cheer up? Make up your mind to see the brighter side of life, and you assuredly will. Remember the old Spanish proverb, "Crosses are ladders to heaven." Try to look upon your disappointments in that light, and they will then become "stepping stones" to higher things. You are frank and outspoken, but the disposition is at present somewhat soured and self-centred. The signature shows grace of feeling, refinement, and good taste, and loyalty to those you love.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

POULTRY KEEPING OR GOVERNESSING (Effie S.).—Let me tell you at once that the day of the governess of mediocre accomplishments is practically dead, and from what you say of your opportunities of education I do not think you would stand a chance. Even if you *did* succeed in obtaining a post it could only be at a most inadequate salary. I do not wish to discourage you. I am cruel only to be kind, for I do think it would be ten thousand pities if you were to attempt to enter such a crowded market as that of the daily governess. With your country bringing-up, tastes and knowledge I would certainly advise poultry-keeping in preference. You are accustomed to country life so the early rising, &c., would not be the hardship to you it is to the town-bred girl unaccustomed to it. There are various branches of the work such as egg production, table poultry, fattening, the sale of eggs for sitting, poultry for exhibition, sale of newly-hatched chicks and birds for stock, &c. Land there must be in plenty if you mean to make the venture pay. The supply of pure-bred stock is a profitable and interesting branch. Of course, you must learn poultry-keeping as a business, and for this reason I advise you to get practical training. It may take you three, six, or twelve months. Miss N. Edwards, Coaley Poultry Farm, Coaley, near Darsley, Gloucestershire, takes pupils. Terms thirty guineas for three months inclusive. I advise you to write to her.

PENSION FOR A POOR LADY (Mrs. S.).—I quite agree with you that we ought to devote our best efforts to helping the poor of our own class, even if their poverty is less picturesque than rags and dirt, and if we must accept a different form of gratitude for our efforts. I suppose you know the United Kingdom Beneficent Association, 7, Arundel Street, Strand, W.C., which helps the upper and middle classes in reduced circumstances. There is also the National Benevolent Institution, 65, Southampton Row, W.C., which grants pensions on election to persons over sixty belonging to the upper or middle classes. There is also Overman's Charity, which grants pensions to widows or single women who belong to the Church of England. The secretary is J. Wrench Towse, Esq., Fishmongers' Hall, E.C. Cole's (Charlotte) Charity grants pensions to distressed governesses and gentlewomen. Trustee, Pryce Williams, 59, Redland Road, Bristol. Other funds that grant pensions are Thomas Pargeter's of Foxcote Charity, which grants annuities of £20 per annum to single women (in case of sisters, £16), fifty-five years of age and upwards. These annuities are granted to gentlewomen by birth who have made unavailing efforts to support themselves. Secretary, Charles Harding, 32, Waterloo Street, Birmingham. One of these may be able to help you, but naturally the claims upon them are numerous.

NOTE.—*The Editor regrets that owing to the sudden illness of Miss W. Jones the bulk of the Correspondence on this subject has to be held over for our next number.*

Nos. 8116 & 8117 Nos. 8118 & 8119

No. 8120 No. 8121 No. 8122

CHARMING DETAILS OF DRESS FOR A BRIDAL TROUSSEAU.

For Descriptions see pages 31 to 34.

Price of Paper Patterns, Coat and Overblouse, each 6½d.; Collar or Vest, each 3½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

COOKERY AND HOUSEHOLD MANAGEMENT.

Letters to be addressed to Mrs. Hope, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

A DAINTY DISH.—I give you a recipe which, I hope, is what you want. Put slices of cold cooked new potatoes into a deep pie dish, in a thin layer. Scatter over this some very finely chopped onion and ham, and then a layer of sliced tomato. Fill up the dish with layers in this way, finishing with a layer of tomato. Fry a teacupful of bread crumbs in an ounce of butter, and press these smoothly over the top. Bake for three-quarters of an hour. This answers, I hope, to your description of "potatoes and tomatoes and other things"!—AYLESBURY.

WELSH RABBIT.—It does not matter what kind of cheese you use, but it must be very dry, and very thinly sliced. Put it into a stew pan, add a little butter, a dessert-spoonful of ale, and as much new milk. Flavour with mustard and pepper, and stir till all is thoroughly melted. Pour over hot buttered toast and serve at once.—PAT-A-CAKE.

HOW TO SERVE OYSTERS.—I suppose you mean how are they served as a hors d'œuvres? You say, "Can I put them on the table before people are in the dining room?" Why certainly. That is the usual way. Have three or four for each guest, in their shells (opened of course), on small plates. A plate at each place and coralline pepper, quarters of lemon, and thin slices of brown bread and butter with them. No, do *not* cook them.—"C. E. L. F."

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
FEBRUARY, 1909.

DRESS AND HAIRDRESSING.
FEBRUARY, 1909.

HEALTH AND BEAUTY.
FEBRUARY, 1909.

GRAPHOLOGY.
FEBRUARY, 1909.

ETIQUETTE.
FEBRUARY, 1909.

COOKERY & HOUSE MANAGEMENT.
FEBRUARY, 1909.

"Myra's Journal is the best fashion book one can buy and the Free Patterns are lovely."—M. Y. A.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, *10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, February, 1909.

DRESS AND MILLINERY.

NAVY, BROWN, GREEN COSTUMES, BLACK SILK SKIRTS.—Violet, 71, Oakfield Road, Anerley.

COLONIAL READERS.—MILLINERY, BLOUSES, BOUGHT AND FORWARDED. References.—57, Sydenham Road, Sydenham.

MILLINERY, BLOUSES, SKIRTS, made or renovated; stylish; moderate.—57, Sydenham Road, Sydenham.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

DRESSES FOR FANCY DRESS BALLS. Special designs at moderate charges.—Nora Davison, 182, Marylebone Road, N.W.

NAVY BLUE COSTUMES.—23-35, 38s., lined; nearly new, 12s. 6d. M3742

PARCEL UNDERCLOTHES; APRONS, 5s.; new cream BLOUSE, 4s.—Holly Cottage, Solway Hill, Woodford.

MILLINERY.—Fur hats made from old furs.—Miss A. Blanch, 299, King's Road, Chelsea.

ROYAL NAVY SERGE, direct from Portsmouth, as supplied to the Royal Navy; most satisfactory for ladies costumes and hard wear; navy, cream, and black only, 1s. 6½d., 1s. 11½d. yard; patterns free.—Smith, Warehouseman, 128A, Albert Road, Portsmouth.

SKIRTS, Navy or Black, to measure, 5s. 6d.—Pinchback, 53, Guildford Road, Greenwich.

LADIES' SEVEN-GORE SKIRTS, navy or black, any size, 6s. 6d., postage 6d.—Gooch, 71, Hewitt Avenue, Wood Green.

NEEDLEWORK, DRESSMAKERS, &c.

DRESSMAKER, daily. Town, country, ladies' houses. Cut, fit, renovations.—Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

DRESSMAKER, daily, at ladies' residences. Renovations; evening dresses; alterations. Blouses specialty.—Miss Goddard, 35, May Street, West Kensington.

HOME DRESSCUTTING AND MAKING TAUGHT; experienced teacher; practical dressmaker. Tailors' or Guerre system.—D., 120, Seymour Road, Harringay

DRESS CUTTING AND MAKING TUITION, Scientific and Tailors' System.—Madame Goodwin, 96, Oxford Road, Lowestoft.

Millicent Wright, 45, Artesian Road, Westbourne Grove, W., LADIES' MATERIALS. Terms moderate.

DRESSMAKER, daily: dresses, blouses, mantles, renovations.—Bates, 57, Ranelagh Road, South Belgravia, S.W.

Madame Beatrice, Smart DRESSMAKER, can make from pattern bodice. Moderate charges. Ladies' materials.—58, Burlington Road, Bayswater.

Madame Léonie, PARISIENNE DRESSMAKER, 120, Talbot Road, Bayswater. Ladies' materials. Charges moderate.

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R. Harvey, Oxford House, 329, Goldhawk Road, W.
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Mrs. James, 106, Southlands Road, Bromley, Kent.
Miss Lenton, 1, Clarendon Place, Notting Hill, W.
Miss Norman, 2, Pownall Road, Fulham, S.W.
Miss A. Smith, 62, Wellesley Road, Leytonstone, Essex.
Miss Smith, 3, Pakeman Street, Holloway, N.
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Mr. Hy. Armstrong, Stoke Goldington, Newport Pagnell, Bucks.
Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

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Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

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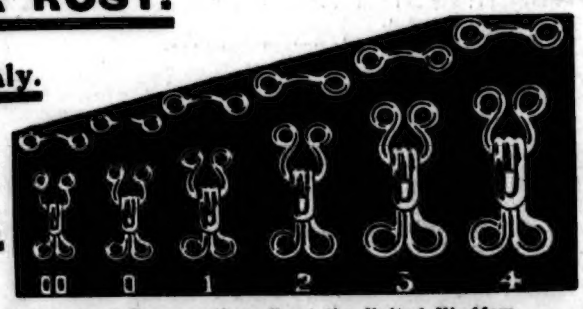

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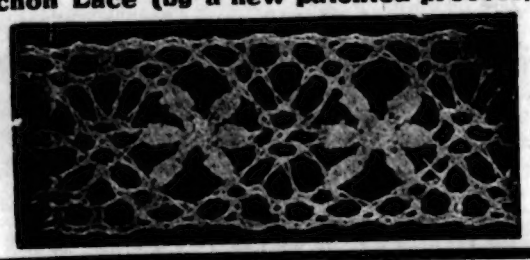

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